

CRISPY BAKED CHICKEN

SERVES 6

Preparation Time: 45 minutes

Baking Time: 45 minutes

INGREDIENTS

1 whole chicken, cut up,
skin removed (2½ to 3
pounds)

1 cup milk

1 cup cornflake crumbs,
crushed

Salt, pepper, spices
(optional)

Nonstick cooking spray

DIRECTIONS

1. Preheat oven to 400°F.
2. Rinse chicken with water, then dry with paper towel.
3. Pour milk into a bowl. Dip chicken in milk
4. Put crushed cornflake crumbs and salt, pepper, spices (optional) in another bowl. Roll chicken in crumbs.
5. Spray baking pan with nonstick cooking spray. Put chicken in pan. Bake for 45 minutes.
6. Serve. Refrigerate leftovers.

NUTRITIONAL INFO: Serving Size: 1 ½ pieces, **Calories:** 220, **Fat:** 6 grams (g), **Sodium:** 240 milligrams (mg), **Fiber:** 0 g. **Vitamin A & C and Iron:** good source.



VARIATION:

Crispy Baked Chicken

1. Cut up leftover chicken into small pieces and toss with canned pineapple chunks, pineapple yogurt, and sliced celery. Serve in pocket bread for another meal.
2. Use reconstituted, nonfat dry milk instead of the fluid milk called for in the recipe.

SIMPLY GOOD EATING



UNIVERSITY OF MINNESOTA | EXTENSION