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.

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

© 2011 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-8260. Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material.