

Oven Crispy Chicken

Makes: 8 Servings

A tasty dinner favorite that everyone will love. The chicken is breaded with crushed corn and rice biscuits cereal in place of bread crumbs.

Ingredients

nonstick cooking spray

1 cut-up whole chicken (skin removed, about 3 pounds)

1/4 cup low-fat milk

1/2 cup flour

1 teaspoon paprika

1/2 teaspoon black pepper

1 cup corn and rice biscuits cereal (crushed)

2 tablespoons vegetable oil

Directions

1. Preheat oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray.
2. Place milk in a bowl. Add chicken pieces and turn them until they are coated in milk.
3. Combine flour, paprika, salt, and black pepper in a dish. Place cereal in a separate dish.
4. Dip chicken pieces in flour mixture until they are coated. Dip back into the milk, then roll chicken in cereal until coated. Place chicken on a baking sheet. Drizzle with oil.

Nutrition Information

Nutrients	Amount
Calories	380
Total Fat	16 g
Saturated Fat	4 g
Cholesterol	155 mg
Sodium	230 mg
Total Carbohydrate	6 g
Dietary Fiber	0 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	50 g
Vitamin D	N/A
Calcium	34 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

5. Bake for 10 to 15 minutes. Turn chicken pieces over, and bake another 15 minutes or until chicken is cooked through and crust is crispy.

Source: Recipe adapted USDA Recipes and Tips for Healthy, Thrifty Meals.