

## CRISPY OVEN FRIED CHICKEN

From: Keep The Beat: Heart Healthy Recipes: National Health Lung and Blood Institute  
<http://hp2010.nhlbihin.net/healthyeating/default.aspx>

### Ingredients

- ½ C skim milk or buttermilk
- 1 tsp. poultry seasoning
- 1 cup cornflakes, crumbled
- 1 ½ Tbsp. onion powder
- 1 ½ Tbsp. garlic powder
- 2 tsp. black pepper
- 2 tsp. dried hot pepper, crushed
- 1 tsp. ginger, ground
- 8 pieces chicken, skinless (4 breasts, 4 drumsticks)
- A few shakes of paprika
- 1 tsp. vegetable oil

### Instructions

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Refrigerate for 1 hour.
5. Remove from refrigerator and sprinkle lightly with paprika for color.
6. Evenly space chicken on greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.)
8. Crumbs will form crispy "skin."

Makes 6 servings (Serving size: ½ breast or 2 small drumsticks)

### Nutritional information per serving (6 servings)

Calories: 256

Total fat: 5g

Saturated fat: 1g

Cholesterol: 82mg

Sodium: 286mg

Protein: 30g

Total Carbohydrates: 22g

Dietary fiber: 1g

Potassium: 339mg

