



CRISPY OVEN-FRIED CHICKEN

INGREDIENTS

- ½ cup milk, non-fat (or buttermilk)
- 1 tsp poultry seasoning
- 1 cup cornflakes, crumbled
- 1½ tbsp onion powder
- 1½ tbsp garlic powder
- 2 tps black pepper
- 2 tsp hot pepper (dried crushed)
- 1 tsp ginger (ground)
- 4 chicken breasts, skinless
- 4 chicken drumsticks, skinless
- 1¼ tsp paprika (a few shakes of)
- 1 tsp vegetable oil (to grease baking pan)

PREPARATION

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



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