Oven Fried Chicken

Ingredients:

1 fryer chicken (3 pounds), cut into 10 pieces*
1 cup corn flakes, crushed
1/2 teaspoon pepper
1/2 teaspoon salt
1 tablespoon onion powder
1 teaspoon garlic powder
1 cup skim milk
1 teaspoon vegetable oil

Directions:

1. Preheat oven to 375-400ºF.
2. Remove skin from chicken pieces and cut into pieces.
3. In a small bowl, combine corn flakes, pepper, salt, onion powder and garlic powder.
4. In another bowl, dip chicken in milk. Remove chicken and roll in dry mixture.
5. Lightly grease an oven pan with vegetable oil. Place chicken on pan. Bake chicken for 45 minutes to 1 hour until brown.

*To cut chicken into 10 pieces, cut into the following: 2 wings, 2 drumsticks, 2 thighs, and 4 breast pieces (cut each breast crosswise down the middle).

Yields about 10 servings

Source: Cornell University Cooperative Extension in New York City

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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