

# Crispy Oven-Fried Chicken

**Makes:** 6 servings

Keep the flavor but cut down on the fat and sodium with this over-fried chicken recipe. A welcome addition to your next family meal or potluck.

## Ingredients

- 1/2 cup** milk, non-fat (or buttermilk)
- 1 teaspoon** poultry seasoning
- 1 cup** cornflakes, crumbled
- 1 1/2 tablespoons** onion powder
- 1 1/2 tablespoons** garlic powder
- 2 teaspoons** black pepper
- 2 teaspoons** hot pepper (dried crushed)
- 1 teaspoon** ginger (ground)
- 4** chicken breasts, skinless
- 4** chicken drumsticks, skinless
- 1/16 teaspoon** paprika (a few shakes of)
- 1 teaspoon** vegetable oil (to grease baking pan)

## Directions

1. Preheat oven to 350 degrees.
2. Add 1/2 teaspoon 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 refrigerator and sprinkle lightly with

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>230</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	125 mg
<b>Sodium</b>	<b>230 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>34 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

paprika for color.

7. Evenly space chicken on greased baking pan.

8. Cover with aluminum foil and bake for 40 minutes.

9. 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.)

National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style