

# Crisp Rice Baked Chicken

**Makes:** 8 Servings

Crunchy and good. This recipe uses rice crisps to enhance the chicken flavor.

## Ingredients

- nonstick cooking spray
- 4 1/2 cups** rice crisps cereal
- 1 egg (beaten)
- 3/4 cup** 1% milk
- 3/4 cup** flour
- 1 teaspoon** poultry seasoning (if you like)
- 1/2 teaspoon** salt
- 1/4 teaspoon** pepper
- 1 whole chicken, about 4 pounds (cut up, thawed, if it was frozen, skin removed)
- 3 tablespoons** margarine (melted)

## Directions

1. Heat oven to 375 degrees F.
2. Spray a baking sheet with nonstick cooking spray, or lay a piece of aluminum foil on the bottom.
3. Place cereal in a zip-top bag and crush into small pieces with a rolling pin or the bottom of a jar. Place crushed cereal in a bowl.
4. Combine egg and milk in another bowl. Add flour and pepper and stir well with a whisk. If using poultry seasoning, add that too.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>360</b>	
Total Fat	11 g	
Protein	40 g	
Carbohydrates	24 g	
Dietary Fiber	NA	
Saturated Fat	3 g	
Sodium	450 mg	

5. Dip chicken pieces in egg mixture, then coat with crushed cereal. Place chicken on baking sheet.
6. Drizzle chicken with melted margarine.
7. Bake 30-40 minutes until golden brown and chicken is cooked through.