

Crispy Oven-Fried Chicken

Kids will love this chicken because it tastes batter-dipped and fried. But this recipe is better for your heart.

Recipe details

Servings: 6

Serving size: ½ breast or 2 small drumsticks

Ingredients

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

Instructions

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

Each serving provides

Calories: 256

Total fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 82 milligrams

Sodium: 286 milligrams

Total fiber: 1 gram

Protein: 30 grams

Carbohydrates: 22 grams

Potassium: 339 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

