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# Crispy Oven-Fried Chicken

Budget-friendly recipe

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Serves: 10

Ready in: 2 hours 30 mins.

*Kids will love this chicken—and it's good for the heart.*

## Ingredients

½ cup milk *Fat-free or buttermilk*

1 teaspoon Poultry seasoning

1 cup Cornflakes *crumbled*

1½ tablespoons Onion powder

1½ tablespoons Garlic powder

2 teaspoons Black pepper

2 teaspoons Hot Pepper *Dried, crushed*

1 teaspoon Ginger *ground*

8 pieces Chicken *skinless (4 breasts, 4 drumsticks)*

Paprika *pinch*

1 teaspoon Vegetable oil



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## What You'll Need

Measuring cup

Measuring spoon

Plastic bag

Medium size Bowl

Paper towel

Baking pan

Aluminum foil

## Directions

1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag. Pour milk into medium size bowl.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30–40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy “skin.”

## Chef Tips

Cut this recipe in half to save money.

## Nutrition Info and more

Serving size: 1½ pieces

Total calories: 117 Total fat: 3 g Saturated fat: 1 g Carbohydrates: 6 g Protein: 17 g Fiber: 1 g Sodium: 67 mg