

# Health Tip of the Month

Put some **CRUNCH** into your baked chicken!

Nothing beats the **CRUNCH** you get when you bite into a crispy piece of fried chicken. Homemade or take-out, deep-fried chicken is always higher in fat than baked chicken.

## How about trying Oven Fried Chicken? Gives you the crunch with less fat.

Dip skinless chicken pieces in skim milk.  
Roll pieces in a mixture of:

- 1 cup corn flakes, crushed
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- Other seasonings of your choice

**Bake** on a lightly greased oven pan.

Make this a complete meal. In another pan roast potatoes and other vegetables. Saves time and money, and cleaning up is easier when you don't fry.



## Which is the best choice?

One piece  
of homemade  
oven fried chicken



9 grams of fat

210 calories

80 calories from fat

\$10 per meal  
(10 pieces)

15 minutes to prepare

One piece  
of fast food  
take-out chicken



21 grams of fat

306 calories

186 calories from fat

\$20 per bucket  
(10 pieces)

30 minutes to bring  
home

Oven Fried Chicken is your best choice!



Cornell University  
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Worksite Wellness Initiative: brought to you by Nguyen Lam, Dietetic Intern  
CUNY Hunter College 18: 4/12  
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