

Oven Fried Chicken

Ingredients:

- 1 fryer chicken (3 pounds), cut into 10 pieces*
- 1 cup corn flakes, crushed
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1 cup skim milk
- 1 teaspoon vegetable oil

Directions:

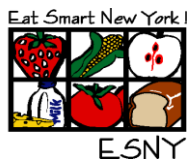
1. Preheat oven to 375-400°F.
2. Remove skin from chicken pieces and cut into pieces.
3. In a small bowl, combine corn flakes, pepper, salt, onion powder and garlic powder.
4. In another bowl, dip chicken in milk. Remove chicken and roll in dry mixture.
5. Lightly grease an oven pan with vegetable oil. Place chicken on pan. Bake chicken for 45 minutes to 1 hour until brown.

*To cut chicken into 10 pieces, cut into the following: 2 wings, 2 drumsticks, 2 thighs, and 4 breast pieces (cut each breast crosswise down the middle).

Yields about 10 servings

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: 1/10 recipe (5.8 ounces)			
Servings Per Recipe: 10			
Amount Per Serving			
Calories	210	Calories from Fat	80
% Daily Value *			
Total Fat	9g		14%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	110mg		37%
Sodium	260mg		11%
Total Carbohydrate	4g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	28g		
Vitamin A	4%	Vitamin C	2%
Calcium	6%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
38.1% calories from fat			



E.S.N.Y

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

