

## OVEN CRISPY CHICKEN

4 Servings, about 4 ounces each

Broiler fryer chicken, cut-up	1 1/2 pounds
Whole milk	1/4 cup
Flour	1/2 cup
Paprika	1 teaspoon
Pepper	1/2 teaspoon
Ready-to-eat flake cereal, slightly crushed	1 cup
Vegetable oil	4 tablespoons

**PREPARATION TIME: 15 MINUTES**

**COOKING TIME: 30 MINUTES**

1. Remove skin and all visible fat from chicken. Place milk in large bowl. Add chicken pieces; turn to coat.
2. Combine flour, paprika, and pepper on a plate.

3. Lift chicken pieces from milk and reserve milk. Coat chicken thoroughly with seasoned flour and place on a wire rack until all pieces have been coated. Redip chicken pieces into reserved milk.
4. Place crushed cereal on plate. Place chicken pieces on crushed cereal. Using 2 forks, turn chicken pieces in crushed cereal to coat.
5. Place chicken on a foil-lined baking tray; drizzle oil over chicken.
6. Bake at 400° F, for 15 minutes. Turn chicken pieces over; continue to bake until chicken is thoroughly cooked and crust is crisp, about 15 more minutes.

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PER SERVING:

Calories	350
Total fat	15 grams
Saturated fat	4 grams
Cholesterol	93 milligrams
Sodium	503 milligrams