

# Oven Crispy Chicken

**Makes 4 Servings, about 4 oz, each**

Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Ingredients

- 1–1/2 lbs. broiler-fryer chicken, cut up
- 1/4 cup whole milk
- 1/2 cup flour
- 1 tsp. paprika
- 1/2 tsp. pepper
- 1 cup ready-to-eat flake cereal, slightly crushed
- 4 tbsp. vegetable oil

## Directions

1. Remove skin and all visible fat from chicken. Place milk in a 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. Re-dip chicken pieces into reserved milk.
4. Place crushed cereal on plate. Place chicken pieces on crushed cereal. Using two 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.



## Nutrition Content Per Serving:

Calories: 350  
Total Fat: 15 g  
Saturated Fat: 4 g  
Cholesterol: 93 mg  
Sodium: 503 mg