

Recipe of the Month – May 2019

Crispy Baked Chicken

Serves 4

Serving Size: 5 ounces

Cost per Serving: \$1.29

Ingredients:

1 ½ pounds boneless skinless chicken*

2 cups cornflakes

1 teaspoon garlic powder

¼ cup nonfat milk

Optional: Italian seasoning, dried basil, or dried oregano



*Larger chicken breasts will need to be cut into smaller pieces. Medium chicken thighs may or may not need to be cut into smaller pieces. Small chicken tenders will not need to be cut.

Directions:

1. Preheat oven to 425°. Cover a large baking sheet with foil and spray with nonstick cooking spray.
2. Cut chicken into four to eight pieces. The amount depends on the cut of the chicken chosen.*
3. Put cornflakes and garlic powder (and any optional seasoning) into a large, sealable plastic bag or on a large plate. Crush cornflakes with hands or a rolling pin.
4. Pour milk into a small bowl.
5. Dip each chicken piece into milk and then roll in crushed cornflakes. Make sure each piece is coated on all sides.
6. Place coated chicken on the baking sheet. Bake for 20-25 minutes until thoroughly cooked.

Tips:

- Wash hands after touching raw meat.

Nutrition Facts per Serving: 260 Calories, 7g total Fat (2g sat. fat), 160mg. Cholesterol, 270mg Sodium, 13g Carbohydrates, 0g Fiber, 2g Sugar, 35g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



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