

## Un-fried Chicken

### What you need:

- 1/2 cup skim milk or buttermilk
- 1 teaspoon poultry seasoning
- 1 cup cornflakes crumbled
- 1 1/2 Tablespoon onion powder
- 1 1/2 Tablespoon garlic powder
- 2 teaspoons black pepper
- 1 teaspoon dried hot red pepper,crushed
- 1 teaspoon ground ginger
- 8 pieces skinless chicken (4 breasts,4 drumsticks)
- Paprika for color
- 1 teaspoon canola or olive oil

(over for directions, nutritional information)



## Un-fried Chicken (continued)

### How to make:

Combine all spices and cornflake crumbs in plastic bag. Wash chicken, pat dry and dip into milk. Shake to remove excess milk, then shake in bag with seasonings and crumbs. Refrigerate 1 hour. Place evenly on greased baking pan. Cover with aluminum foil and bake at 350 degrees for 40 minutes. Remove foil and bake another 30- 40 minutes. Do not turn chicken during baking. Serve hot or cold. Makes 6 servings.

### Nutrition Information:

Serving Size: ½ breast or 2 drumsticks  
Calories: 250 calories  
Fat: 4gm.  
Carbohydrate: 20gm.  
Fiber: 1gm.  
Protein: 30gm.  
Sodium: 250mg.



Recipe courtesy of Lifetime Health Medical Group