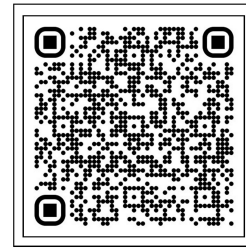




Cornell University
Cooperative Extension
New York City



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



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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

Cornell Cooperative Extension provides equal program and employment opportunities.

Nutrition Facts	
servings per container	
Serving size	5.8 ounces or 2 pieces of chicken (165g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 240mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 2mg	10%
Potassium 55mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.