

Poultry and Seafood



Lindsey, Stacy, Jessica, Krystal and Megan

Crispy Oven-Fried Chicken

Stacy Lundy

3 cups corn flake cereal,
crushed

$\frac{1}{3}$ cup Parmesan

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. pepper

$\frac{3}{4}$ cup fat-free buttermilk

8 drumsticks or 4 chicken
breasts

Pam

Combine first 5 ingredients in Ziploc bag; seal and shake well. Pour buttermilk in shallow bowl. Dip chicken in buttermilk and place in bag. Seal and shake.

Place chicken on foil-lined baking sheet coated with Pam. Sprinkle remaining coating on chicken. Lightly coat with Pam. Bake at 425° for 25 to 30 minutes.