

Crispy Oven-Fried Chicken

- **Makes:** 10 servings
- **Prep Time:** 10 minutes
- **Cook Time:** 1 hour 20 minutes



Ingredients

- ½ cup fat-free milk or buttermilk
- 1 teaspoon poultry seasoning, divided
- 1 cup cornflakes, crumbled
- 1 ½ tablespoons onion powder
- 1 ½ tablespoons garlic powder
- 2 teaspoons black pepper
- 2 teaspoons dried hot pepper, crushed
- 1 teaspoon ground ginger
- 8 pieces skinless chicken (4 breasts, 4 drumsticks)
- A few shakes paprika
- 1 teaspoon vegetable oil

Directions

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.

Directions (cont'd)

7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30-40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy "skin."

Note: Do not turn chicken during baking.

Nutritional Information

Serving size: ½ breast or 2 small drumsticks

Calories: 117

Total fat: 3 grams

Saturated fat: 1 gram

Cholesterol: 49 milligrams

Sodium: 67 milligrams

Carbohydrates: 6 grams

Total fiber: 1 gram

Protein: 17 grams

Potassium: 1 milligram

Source: National Heart, Lung, and Blood Institute.

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