

## Crispy Oven Baked Chicken

Serves: 12

### Ingredients

2 chicken thighs  
8 chicken breasts  
2 chicken drumsticks  
1 cup skim milk

### Breading

1 cup bread crumbs  
1 cup flour  
1 tsp. poultry seasoning  
1 Tbsp. no-salt seasoning mix  
1 tsp. lemon pepper  
½ tsp. Creole seasoning

Preheat oven to 400 degrees.

Remove all outer skin from the chicken pieces.

Lightly coat a baking sheet with vegetable spray.

Mix all dry breading ingredients into a large sealable plastic bag. Seal and shake well to mix. Place 2-3 chicken pieces at a time in the skim milk to moisten then place in the bag of dry ingredients. Shake to coat thoroughly. Put breaded chicken on the coated baking sheet. Repeat until all of the chicken pieces are breaded.

Lightly spray the chicken with the vegetable spray.

Place the baking sheet on the bottom of the oven and bake 1 hour, turning the pieces every 15 minutes to allow for even browning. Serve hot.

Per serving: 205 calories, 4 g total fat (1 g saturated fat), 65 mg cholesterol, 237 mg sodium, 15 g total carbohydrates, 0 g dietary fiber, 1 g sugar, 25 g protein.