

Crispy Oven-Fried Chicken

Serves: 6

Ingredients

Cooking spray (butter flavor preferred)
1 tsp ground ginger, or to taste
1 tsp paprika
¼ tsp salt
Pepper to taste

3 skinless chicken breasts with bone (about
12 oz each)
4 cups wheat-flake or corn flake cereal,
lightly crushed
1 medium garlic clove, crushed (optional)

Directions:

Preheat oven to 350°F. Lightly spray a baking sheet with cooking spray.

In a small bowl, combine the ginger, paprika, salt, and pepper.

Discard all visible fat from the chicken. Sprinkle the ginger mixture on both sides.

In a pie pan or on a piece of aluminum foil, stir together the cereal and garlic. Roll the chicken in the mixture to coat.

Lightly spray the chicken on all sides with the cooking spray. Place on the baking sheet.

Bake for 45 minutes to 1 hour, or until the chicken is golden brown, tender, and no longer pink in the center. (The timing depends on the thickness of the chicken.) Cut each breast in half before serving.

Nutrition per serving: Calories 225, total fat 2.5g (saturated fat 0.5g), cholesterol 79mg, sodium 326mg, carbohydrates 17g, fiber 2g, sugar 3g, protein 34g.