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Crispy Baked Chicken

Prep Time: 20 minutes

Cook Time: 45 minutes

Cost per serving: \$0.42

What you need:

Utensils:

- Baking pan
- Bowl
- Plastic bag
- Measuring cups & spoons
- Rolling pin or glass
- Tongs or forks

Ingredients:

- 1 teaspoon oil or cooking spray
- 1 cup low fat or fat free milk
- 1 cup cornflakes, crushed
- 1 frying chicken (2 ½ to 3 lbs),
remove skin and cut into serving pieces

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400°F and grease baking pan with oil or cooking spray.
3. Pour the skim milk into a bowl.
4. Put cornflake crumbs in plastic bag.
5. Dip each chicken piece into milk and shake in plastic bag of cornflake crumbs.
6. Let stand briefly, until coating sticks.
7. Place coated chicken pieces in pan. Pieces should not touch each other.
8. Bake at 400°F for 45 minutes or until golden brown.
9. Cool for 5 minutes and serve.

Nutrition Facts

Serving Size one small piece
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 35
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	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 130mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 23g	
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Vitamin A 4%	• Vitamin C 6%
Calcium 6%	• Iron 10%