

Kentucky

Crispy Oven-Fried Chicken

Featured Food: Chicken

Makes: 6 servings

Ingredients

- ½ cup milk (or buttermilk)
- 1 teaspoon poultry seasoning, divided
- 1 cup corn flake cereal, crumbled
- 1 ½ tablespoons onion powder
- 1 ½ tablespoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 teaspoon ground ginger
- 4 bone-in chicken breasts
- 4 chicken drumsticks
- ¼ teaspoon paprika
- 1 teaspoon oil (to grease baking pan)



Directions

1. Preheat oven to 375°F.
2. Add ½ teaspoon of poultry seasoning to milk in a shallow bowl.

3. Combine remaining ½ teaspoon of poultry seasoning with the corn flake crumbs, onion powder, garlic powder, crushed red pepper flakes, and ground ginger and place in a plastic gallon bag.
4. Dip chicken into milk mixture, lift to allow excess milk to drip off. Working in batches, add chicken pieces to the sealed bag with the crumb mixture and shake.
5. Evenly space chicken on greased baking pan. Sprinkle lightly with paprika for color. Bake for 40-45 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy coating. Do not turn chicken during baking.

Recipe from: *Heart Healthy Home Cooking: African American Style*, US Department of Health and Human Services, National Heart, Lung, and Blood Institute, adapted by the USDA Food and Nutrition Administration.

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