

Oven Fried Chicken

Corn cereal crumbs and crushed crackers create a delicious coating. The yogurt tenderizes the chicken. A light spray of olive oil before baking guarantees lightly crispy results.

1/2 sleeve (about 20) whole-grain salted crackers, pulsed in a food processor until fine (about 1/2 cup)

2 1/2 cups corn cereal flakes, pulsed in a food processor to fine crumbs (about 1/2 cup)

2 tablespoons sesame seeds

3/4 teaspoon cayenne pepper

1/2 teaspoon garlic powder

2 egg whites

1 cup lowfat, plain yogurt

1 tablespoon Dijon mustard

1/2 teaspoon salt

Olive oil cooking spray

4 medium sized skinless chicken breasts and 4 skinless chicken thighs, rinsed and patted dry (about 3 1/2 pounds chicken)

Preheat oven to 375 degrees F. Lightly spray a baking sheet with olive oil.

Combine the crackers and corn cereal crumbs, sesame seeds, cayenne, and garlic powder in a shallow bowl. Reserve.

In a large bowl, combine egg whites, yogurt, Dijon mustard, and salt. Add the chicken pieces and coat thoroughly with the yogurt mixture.

One at a time, dip the chicken pieces in the cracker mixture, packing crumbs onto chicken. Arrange the chicken on a baking sheet and spray lightly with olive oil cooking spray.

Bake for 45 to 50 minutes, or until juices run clear when chicken is pierced with a knife.

Nutritional Analysis Per Serving

Carbohydrates 21 grams

Saturated fat 1 gram

Fiber 1 gram

Calories 270

Total fat 5 grams

Protein 33 grams

Sodium 590 mg

Recipe Summary

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 45 minutes

Yield: 6 to 8 servings

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