

Crispy Oven Baked Chicken



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 12

Prep: 5 minutes | **Cook:** 45-60 minutes

INGREDIENTS

- Vegetable oil spray
- 4 cups of wheat-flake cereal, lightly crushed
- 1 clove garlic, crushed, or 1/2 teaspoon bottled minced garlic (optional)
- 1 teaspoon lemon pepper
- 1 teaspoon paprika
- 12 drumsticks, skinned

DIRECTIONS

1. Preheat oven to 350°F.
2. Spray a baking sheet with vegetable oil and set aside.
3. Crush cereal in a pie pan or on a piece of foil. Stir in garlic and set aside.
4. Season drumsticks with lemon pepper, paprika, salt and pepper.
5. Roll chicken in cereal crumbs to coat.
6. Spray chicken lightly on all sides with vegetable oil spray and place on prepared baking sheet.
7. Bake chicken for 45-60 minutes or until chicken is golden brown and tender.



Nutrition Information	
<i>Serving Size: 1 (116 g)</i>	
Calories	160
Total fat	4 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	90 mg
Sodium	180 mg
Carbohydrates	10 g
Fiber	1 g
Sugars	2 g
Protein	21 g

Recipe adapted from: Alabama Cooperative Extension System