Crispy Baked Chicken

Recipe Type: Entree **Serves:** 5

Prep Time: 15 minutes **Cooking Time:** 1 hr

C means cup **T means tablespoon** **t means teaspoon** **oz means ounce**

What you need:

Cooking spray
2 or 3 shakes (about ½ t) of hot sauce
1 C buttermilk
4 C cornflake crumbs
10 skinless chicken thighs
¼ t salt
1 t black pepper

This is a picture of 1 serving.

What to do:

1. Preheat oven to 350°F.
2. Wash your hands.
3. Line a cookie sheet with aluminum foil, then spray the foil with cooking spray.
4. Pour the buttermilk into a shallow dish and add the hot sauce to it. Mix together well.
5. Place the cornflake crumbs in another shallow dish.
6. Dip each piece of chicken in the buttermilk, and then roll it in the cornflake crumbs.
7. Place the coated chicken pieces on the cookie sheet and sprinkle them with salt and pepper.
8. Bake the chicken in the oven until there is a golden brown crust on the outside and the meat is no longer pink inside, about an hour. Check if the chicken is fully cooked using a meat thermometer; the chicken is done when the temperature is 165°F or more.
9. Remove the chicken pieces from the pan.
10. Serve warm and enjoy!

Nutrition Facts

Serving Size 2 pieces

Amount Per Serving	
Calories 220	**Calories from Fat 45**
	%Daily Value*
Total Fat 5 g	**8%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 110 mg	**37%**
Sodium 390 mg	**16%**
Total Carbohydrate 18 g	**6%**
Dietary Fiber 1 g	**4%**
Sugars 4 g	
Protein 25 g	
Vitamin C 8%	
Calcium 6%	

*** Percent Daily Values are based on a 2,000 calorie diet.**

FK= 4.1; 1/28/2016

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