

Oven Fried Chicken

1	beaten egg	1	
3	tbsp. skim milk	45	mL
½	cup ground flaxseed	125	mL
½	cup finely crushed unsalted crackers	125	mL
¼	tsp. black pepper	1	mL
1	tbsp. dried parsley flakes	15	mL
1	tsp. paprika	5	mL
1	tsp. chili powder	5	mL
1	tsp. garlic powder	5	mL
1	tsp. seasoned salt	5	mL
2-3	lbs. chicken pieces	1-1.5	kg
2	tbsp. melted butter*	25	mL

- Preheat oven to 350° F (190° C).
- In a small bowl, combine egg and milk.
- In a shallow container, combine ground flax, cracker crumbs, pepper, parsley, paprika, garlic, and seasoned salt.
- Skin chicken and rinse with water. Pat dry.
- Dip chicken pieces into egg mixture; coat with crumb mixture.
- Place chicken on greased 15 x 10 x ¾ inch (40 x 25 x 2 cm) baking pan so pieces do not touch.
- Bake for 45 minutes or until chicken is tender and no longer pink. Do not turn chicken pieces while baking.

*For a lower-fat version, omit the butter.

Yield: 6 servings

Serving Size: 1 to 2 pieces

Single Serving Nutrient Values

Calories	267
Protein	23.9 g
Carbohydrates	10.1 g
Fiber	3.5 g
Fat	14.7 g
Polyunsaturates	5.4 g
Monounsaturates	4.0 g
Saturates	4.0 g
Cholesterol	106.7 mg
Sodium	147 mg
Potassium	627 mg
Folate	67 mcg