

Crisp Rice Baked Chicken

Makes: 8 Servings

Crunchy and good. This recipe uses rice crisps to enhance the chicken flavor.

Ingredients

- nonstick cooking spray
- 4 1/2 cups** rice crisps cereal
- 1** egg (beaten)
- 3/4 cup** 1% milk
- 3/4 cup** flour
- 1 teaspoon** poultry seasoning (if you like)
- 1/2 teaspoon** salt
- 1/4 teaspoon** pepper
- 1** whole chicken, about 4 pounds (cut up, thawed, if it was frozen, skin removed)
- 3 tablespoons** margarine (melted)

Directions

1. Heat oven to 375 degrees F.
2. Spray a baking sheet with nonstick cooking spray, or lay a piece of aluminum foil on the bottom.
3. Place cereal in a zip-top bag and crush into small pieces with a rolling pin or the bottom of a jar. Place crushed cereal in a bowl.

Nutrition Information

| Nutrients | Amount |
|-----------------------------|---------------|
| Calories | 360 |
| Total Fat | 11 g |
| Saturated Fat | 3 g |
| Cholesterol | 150 mg |
| Sodium | 450 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | N/A |
| Total Sugars | 3 g |
| Added Sugars included | N/A |
| Protein | 40 g |
| Vitamin D | N/A |
| Calcium | 58 mg |
| Iron | 3 mg |
| Potassium | N/A |
| N/A - data is not available | |

4. Combine egg and milk in another bowl. Add flour and pepper and stir well with a whisk. If using poultry seasoning, add that too.
5. Dip chicken pieces in egg mixture, then coat with crushed cereal. Place chicken on baking sheet.
6. Drizzle chicken with melted margarine.
7. Bake 30-40 minutes until golden brown and chicken is cooked through.

Source: Recipe adapted from Food.com