

Oven Fried Chicken

Ingredients

- 1 1/3 cups rice-corn cereal (such as Crispex)
- 2 1/4 cups crushed bagel chips or melba toast
- 1 tbsp canola oil
- 2 tsps salt
- 1/8 tsp cayenne pepper
- 1/2 tsp sweet paprika
- 1/2 tsp freshly ground black pepper
- 1/2 cup light mayonnaise
- 1/2 tsp dijon mustard
- 1 chicken, cut into serving pieces
- cooking spray

Instructions

Serves: 6

Rating: Awesome

Oven temperature: 400 degrees

Preheat oven. Set a rack on a foil lined baking sheet. Spray rack generously with cooking spray. Finely grind the cereal and toast together in a food processor. Transfer crumbs to a large gallon size plastic bag. Add the oil, salt, cayenne, paprika, and ground pepper and toss to mix thoroughly. Whisk the mayonnaise and mustard together in a medium bowl. Add chicken to mayonnaise mixture and coat each piece. Drop the chicken in the plastic bag, seal and shake until each piece is

Summary

Yield: 6

Source: Priscilla (adapted from Food Network)

Prep Time: 20 minutes

Category: Poultry

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evenly coated. Place coated pieces on the prepared rack. Spray the chicken pieces evenly with cooking spray and bake for 35-40 minutes or until the coating crisps and browns and an instant-read thermometer inserted in the thickest part of the pieces registers 160 degrees F. Transfer to a platter and serve hot or at room temperature.