

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

Summary

Yield: 6

Source: Priscilla (adapted from Food Network)

Prep Time: 20 minutes

Category: Poultry

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 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.