

OVEN FRIED CHICKEN LEGS



Makes 6 servings

Serving Size: 1 chicken leg

Prep Time: 20 minutes

Cook Time: 45 minutes

Ingredients

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs (whole-wheat if available)
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Directions

1. Heat oven to 375° F.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° F for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.



Eat Smart

Nutrition information Per Serving

220 calories
Total Fat 7 g
Saturated Fat 2 g
Protein 30 g
Total Carbohydrate 8 g
Dietary Fiber 0 g
Sodium 3 60 mg



Good Source of Iron



Good Source of Calcium

*Recipe analyzed using
1/4 tsp salt and pepper
each*



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