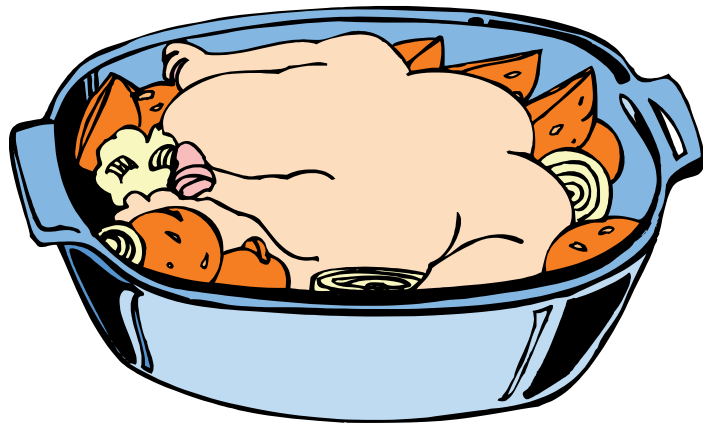


Baked Chicken

~ Recipe ~

- 1 chicken-cut up
- 3/4 cup fat-free milk
- 3/4 cup cornflakes
- 1/4 cup flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons oil



1. Pour milk in a mixing bowl.
2. Place cornflakes, flour, salt and pepper on a plate.
3. One piece at a time, dip chicken into the milk then roll in cornflakes mixture.
4. Place chicken on the baking sheet and drizzle with oil.
5. Bake at 400°F for 45-50 minutes. Turn chicken over after 30 minutes for even cooking.

Serves: 6-7