

# CRISPY OVEN “FRIED” CHICKEN

*Makes 4 Servings*

## INGREDIENTS:

- Four 4-ounce boneless, skinless chicken breast halves
- 3 tablespoons all-purpose flour
- 1 tablespoon ground flaxseed
- 1 teaspoon low-sodium Old Bay Seasoning
- 1/4 cup 1% low-fat milk
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 3 generous cups cornflakes, crushed

## DIRECTIONS:

1. Preheat the oven to 400°F. Spray a cooling rack generously with nonstick cooking spray. Line a rimmed baking sheet or roasting pan with aluminum foil and place the cooling rack on top.
2. Pat the chicken dry with paper towels. Season generously with kosher salt and pepper and set aside. Prepare the breading by placing the flour, flaxseed, and Old Bay in a wide bowl or on a plate, and mix together with a fork.
3. Place the milk, lemon juice, and mustard in a second wide bowl and whisk together until well combined. Place the cornflakes in a third wide bowl or plate.
4. Dredge each chicken piece in the flour mixture until well coated; tap off excess flour. Coat each floured chicken piece in the milk mixture and then roll in the cornflake crumbs until very well coated.
5. Arrange the chicken pieces on the rack and place in the oven. Cook for 10 minutes, lower the heat to 350°F and cook for another 10 to 15 minutes, until the chicken is cooked through and the coating is crispy.

## Nutrition Information per Serving (1 piece):

230 calories, 3.5g fat (1g saturated), 340mg sodium, 24g carbohydrate, 1g fiber, 26g protein, 10% vitamin C, 40% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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