

Oven Fried Chicken

4 Servings

Ingredients:

Non-stick vegetable spray
2 whole chicken breasts, split and skinned
1 tbsp. olive oil
1/2 cup oatmeal, uncooked
3/4 tsp. chili powder
3/4 tsp. Hungarian paprika (optional)

Directions:

1. Spray cookie sheet with vegetable spray and heat oven to 425 degrees.
2. Brush chicken breasts with olive oil.
3. Place oats and spices in blender. Blend one minute, stopping occasionally to stir.
4. Pour oat mixture into plastic freezer bag. Drop each breast into bag and coat well.
5. Spray chicken lightly with vegetable spray and place on cookie sheet.
6. Bake 35 to 40 minutes or until juices run clear when pierced with fork.

Nutritional Facts:

Calories: 213
Carbohydrate: 8g
Fat: 7g
Sodium: 64mg
Protein: 28g

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