

Oven Fried Chicken

Yield: 4 servings

INGREDIENTS

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

INSTRUCTIONS

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.

NOTES

Serving Size: 1/2 split chicken breast

Nutritional Facts per Serving:

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