

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Oven Crispy Chicken *(Makes about 10 servings.)*

Ingredients

- Nonstick cooking spray
- 1 cut-up whole chicken, skin removed (about 3 lbs.)
- ¼ c. low-fat milk
- ½ c. flour
- 1 tsp. n paprika
- ½ tsp. salt & ½ tsp. pepper
- 1 c. corn & rice biscuits cereal, crushed
- 2 Tbsp. vegetable oil

Directions:

1. Preheat oven to 400° F.
2. Combine flour and spices in one dish. Place cereal in another dish, and put milk in a bowl.
3. Dip and cost chicken in milk, then flour mixture. Dip in milk again and roll in cereal to coat. Place on baking sheet coated with with nonstick cooking spray.
5. Drizzle with oil. Bake 10-15 minutes. Turn chicken pieces over, and bake another 15 minutes or until chicken is cooked through and crust is crispy.

Nutrition info: Serving size: about 5 ounces, Calories: 380, Total Fat: 16 g, Saturated Fat: 4 g, Cholesterol: 155 mg, Sodium: 230 mg, Total Carbohydrate: 6 g, Dietary Fiber: 0 g, Sugars: 0 g, Protein: 50 g. *Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.*

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
University of Arkansas System

www.uaex.edu/COVID19



Your Resource for

COVID-19 INFORMATION

for Agriculture, Families & Communities