

Crispy Oven Baked Chicken {Any Cut}

Ingredients:

8 boneless skinless chicken breasts, sliced into strips - {I used 8 chicken legs}
1 cup crushed corn flakes
¾ cup Parmesan cheese, grated
½ teaspoon garlic powder
½ teaspoon black pepper
1 ¼ teaspoon bon appetite seasoning salt (McCormick brand) OR 1 package hidden valley dry ranch dressing mix
1 cup milk
1 egg

Directions:

Pre-heat the oven to 350 degrees. Line a 13×9 inch baking dish with aluminum foil and spray with spray grease (easier clean up). In a shallow dish combine crushed corn flakes, parmesan cheese, garlic powder, black pepper, and bon appetite seasoning salt (McCormick) OR dry ranch dressing mix. In a small bowl beat together eggs and milk.

Dip each chicken strip into the egg/milk mixture and then roll in the crushed corn flakes/ranch dressing mixture. Repeat until all chicken strips are well coated.

Place onto a greased baking sheet and bake uncovered for 30 minutes or until the chicken is cooked through (the internal temperature has reached 165 degrees). If doing legs/drumsticks bake for 50-60 minutes or until internal temperature is 185 degrees, and cover for at least 30 minutes of the baking to avoid over browning.

(Makes 6 Servings)