

OVEN FRIED CHICKEN LEGS

Makes 6 servings
Serving Size: 1 chicken leg

Prep Time: 20 minutes

Cook Time: 45 minutes

Ingredients

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Directions

1. Heat oven to 375° F.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° F for 45 minutes.



Eat Smart

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.

Nutrition information Per Serving

220 calories
Total Fat 7 g
Saturated Fat 2 g
Protein 30 g
Total Carbohydrate 8 g
Dietary Fiber 0 g
Sodium 360 mg



Good Source of Iron



Good Source of Calcium

Recipe analyzed using
1/4 tsp salt and pepper
each



preschoolers moving & eating healthy

