

Oven-Fried Chicken

SERVINGS: 4

INGREDIENTS:

- 1/2 cup Gia Russa whole wheat bread crumbs
- 2 tsp grated parmesan cheese
- 3/4 tsp paprika
- 3/4 tsp dried thyme
- 1/4 tsp garlic powder
- 1/8 tsp ground red pepper
- 1/4 cup reduced fat buttermilk
- 4 6-oz boneless, skinless chicken breasts
- 1 tbsp Land O'Lakes salted butter

DELICIOUS
FAMILY MEALS

UNDER \$15



SERVING NUTRITIONALS:

calories 240
calories from fat 40
total fat 4.5g
saturated fat 2g
trans fat 0g
cholesterol 105mg
sodium 210mg
total carbohydrate 6g
dietary fiber 1g
sugars 1g
protein 42g
vitamin A 8%
vitamin C 4%
calcium 6%,
iron 10%

FOLD

DIRECTIONS:

1. Preheat oven to 400°F. Combine first 6 ingredients in shallow dish.
2. Pour buttermilk into a second shallow dish. Dip chicken in buttermilk; dredge in bread crumb mixture.
3. Place chicken on a metal rack on cookie sheet, sprayed with non-stick cooking spray. Drizzle butter over chicken.
4. Bake for 40 minutes or until done.

Source: Cooking Light

Oven-Fried Chicken Shopping List



DAIRY:

- parmesan cheese
- reduced fat buttermilk
- Land O'Lakes Salted Butter

WHOLE GRAINS, BREADS & PASTA:

- Gia Russa Whole Wheat Bread Crumbs

MEAT, POULTRY & SEAFOOD:

- 4-6 oz boneless, skinless chicken breasts

SPICES & SEASONINGS:

- paprika
- dried thyme
- garlic powder
- ground red pepper

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