

# Oven-fried Chicken

submitted by  
**Howard Collins**  
 from  
 Arbor Hill



*Although Howard's father taught him to cook when he was a child his love of cooking didn't come until he was much older. In 1996 Howard took a culinary arts course at Hudson Valley Community College and the following year he decided to create his own cookbook. This is one of his original recipes from that cookbook! Howard loves to cook for others and now cooks for Church and community events as well as his neighbors!*

## Ingredients

- ½ cup evaporated skim milk
- 1/8 tsp ground thyme
- 1/8 marjoram
- ¼ tsp garlic powder
- 2 tbsp parmesan cheese
- 1 & 1/2 of skinless chicken breast
- 1/3 cup all-purpose flour
- 1/8 tsp crushed rosemary leaves
- 1 tsp paprika
- 1½ cups cornflake crumbs

## Instructions

- Preheat oven to 375°.
- Crush cornflakes into crumbs.
- In mixing bowl, combine all dry ingredients (flour, thyme, marjoram, garlic powder, and cornflakes, paprika and cheese).
- Dip chicken into milk mixture before coating.
- Roll chicken in bread crumb mixture.
- Place chicken in shallow baking pan.
- Bake for 55-60 minutes or until done and golden brown.

## Nutrition Facts

Serving Size 1/4 of recipe 150g (224 g)  
 Servings per container 4

Amount Per Serving	
<b>Calories</b> 299	Calories from Fat 28
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 101mg	34%
<b>Sodium</b> 393mg	16%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 1g	4%
Sugars 5g	
<b>Protein</b> 44g	
Vitamin A	13% • Vitamin C 9%
Calcium	19% • Iron 31%

\*Percent Daily Values are based on a 2,000 calorie diet.  
 Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4