



Not-Fried Chicken

Ingredients

- 4 pounds of chicken, skin removed
- 1 cup of yogurt, non-fat plain
- 1 ½ cups breadcrumbs (or crushed cereal)
- Non-stick cooking spray

Flip for step-by-step
instructions





Instructions

1. Preheat oven to 325 degrees. Coat chicken with yogurt.
2. Roll in breadcrumbs or crushed cereal.
3. Spray baking sheets with non-stick cooking spray and place chicken pieces on them.
4. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns.

Source: Simply Good Eating Recipe Cards, Vol. 1, 2000
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