



Crispy Oven-Fried Chicken...

Ingredients:

- ¼ cup plus 2 Tbsp egg substitute
- 1 Tbsp Water
- 1 cup crispy rice cereal, crushed
- 1/3 cup toasted wheat germ
- 1 Tbsp instant minced onion
- ½ tsp salt-free herb & spice blend
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- 2 lbs boneless, skinless chicken breast
- ¼ cup all-purpose flour
- Fat free cooking spray

Directions:

Preheat oven to 350°F. Combine & mix egg substitute and water in shallow dish. Combine cereal and seasonings in another shallow dish. Place chicken and flour in large zip-lock bag, shaking until chicken is well coated. Dip chicken in egg mixture; dredge in cereal/seasoning mixture. Place coated chicken on rack of broiler pan that has been coated with non-stick cooking spray. Bake at 350° for 30-45 minutes. Cooking time may vary as oven temps vary. **Serves 6**

Nutrition Facts Per Serving:

Calories	210	Saturated Fat	1 gm	Carbohydrate	14 gm
Fat	4.5 gm	Sodium	250 mg	Fiber	1 gm

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