

June 19 - Oven Fried Chicken

Ingredients:

3-lb. Chicken pieces, skinned

6 Tbsp. Flour

1 tsp. Salt

1 egg, beaten with 2 Tbsp. Water

1 1/2 oz. Cornflake crumbs

8 tsp. Melted margarine

1 oz. Parmesan cheese

Dash of pepper

Directions:

In a flat bottom bowl mix together flour, salt and pepper. In another bowl mix cornflake crumbs and Parmesan cheese. Coat chicken with flour. Dip in egg. Roll in crumbs. Place in sprayed 9x13-inch pan. Drizzle with margarine. Bake at 375° for 1 hour. Serves 4.