

PARMESAN OVEN-FRIED CHICKEN

I love fried chicken, but it's a lot of mess, a lot of work, and even I realize it's not very healthy. This recipe is much healthier and reminds me a lot of "Shake and Bake" chicken.

INGREDIENTS:

6 Chicken Breasts OR 1 Chicken (cut up)

2/3 Cup Dry Bread Crumbs (or crushed corn flakes/Special K/etc.)

1/3 Cup grated Parmesan Cheese

¼ teaspoon Garlic Salt

¼ teaspoon Pepper

½ Cup Italian Salad Dressing

DIRECTIONS:

Preheat the oven to 350 degrees.

In a 1 gallon zip top bag, combine the bread crumbs, parmesan, garlic salt, and pepper. Shake well to combine. Pour the salad dressing in a medium sized bowl and add the chicken. Mix well to make sure the chicken pieces are well coated.

Put 2 to 3 pieces of the chicken at a time into the bag with the crumb mixture and shake it to coat well. Place the chicken in a greased 9 by 13 baking pan, and bake for 45 minutes or until tender.