

## Oven-Fried Chicken

This recipe is a slightly modified version of the original, which came from the Flax Council of Canada.

Yield: 6 servings

### Ingredients:

1 beaten egg  
3 tablespoons skim (fat-free) milk  
½ cup ground flaxseed  
½ cup finely crushed unsalted crackers  
¼ teaspoon black pepper  
1 tablespoon dried parsley flakes  
1 teaspoon paprika  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon seasoned salt  
6 boneless skinless chicken breast halves  
2 tablespoons melted butter (optional)

### Procedure:

Preheat oven to 350 F. In a small bowl, combine egg and milk. In a shallow container, combine flaxseed, cracker crumbs, pepper, parsley, paprika, chili and garlic powders, and seasoned salt. Dip breasts into egg mixture and then coat with crumb mixture. Place breasts so none touch on a baking sheet that's been sprayed with cooking oil. If desired, drizzle about 1 teaspoon of melted butter over each breast. Bake for 45 minutes or until a thermometer inserted into the thickest portion of the largest breast registers 180 F. Do not turn breasts while baking.

about 240  
calories and  
10 grams of fat  
per serving

**Leaving out the butter, which is optional to the recipe for Oven-Fried Chicken, will lower the calories to 210 and the grams of fat to 6 per serving.**



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