

## Oven Fried Chicken

- 1 cups nonfat buttermilk
- 1 1/2 boneless, skinless chicken breast
- 1 1/2 cups cornflakes
- 3 Tablespoons toasted wheat germ with honey
- 1 teaspoon sweet paprika
- 3/4 teaspoons coarse salt
- 1 teaspoon garlic
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper

Combine buttermilk and chicken in a medium bowl. Stir to coat, seal with plastic wrap, and refrigerate at least four hours.

Preheat oven to 350°. Line a baking sheet with aluminum foil.

Combine cornflakes, wheat germ, paprika, salt, garlic powder, onion powder, and cayenne in a food processor. Pulse until cornflakes are coarsely ground. Transfer to a shallow dish. Drain chicken and roll each piece in seasoned crumbs. Place on prepared baking sheet and bake 30 minutes or until juicy but cooked through.

Healthy Variations - instead of cornflakes, use whole wheat Total - it's a good way to increase the fiber.

**Mike's Favorite** – This is my way of making a healthy version of Chicken Giardiniera. Make the chicken as directed. Prior to baking press 1 heaping teaspoon of giardiniera on to each breast. Spread it out and press it in. I prefer using the relish style instead of the chunky giardiniera. But you can adjust amount to your taste.