

What's For Dinner: Oven Fried Chicken



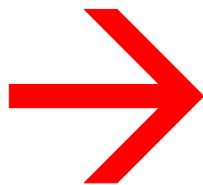
1. Heat oven to 350 degrees.



2. Line baking sheet with aluminum foil and spray with oil.



3. Open buttermilk and pour into bowl #1.



4. Pour $\frac{1}{2}$ box of crushed corn flakes and seasoning packet into bowl #2.

$\frac{1}{2}$



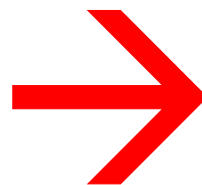
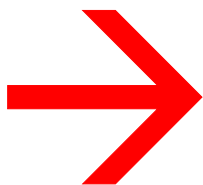
5. Using gloves, dip each piece of chicken into buttermilk (bowl #1).



6. When chicken is wet, dredge each piece of chicken in crushed corn flakes (bowl #2).



7. Repeat until each piece of chicken is coated. Lay chicken on greased baking sheet.



8. Bake 1 hour in preheated oven, until golden brown.

