

## Southern oven "fried" chicken

1/2 cup fat free buttermilk (or take  
1 tsp of vinegar to 1/2 cup skim  
milk)

2-3 drops of hot red pepper sauce

1/8 tsp paprika

1/2 cup cornflakes, crushed (or  
Wheaties)

3 Tbsp flour

1/4 tsp salt

1/4 tsp pepper

2 lbs chicken breast, boneless and skinless

4 tsp canola oil

Preheat the oven to 400. Spray a large baking sheet with nonstick cooking spray. In a large shallow bowl combine the buttermilk and pepper sauce and paprika. On a sheet of wax paper combine the cornflake or Wheaties crumbs, flour, salt and pepper. Dip the chicken in the buttermilk and then dredge in the cornflake mixture, coating completely. Place the chicken on the baking sheet; drizzle with the oil. Bake 30 minutes; turn the chicken over. Bake until cooked through, about 15-20 minutes longer.

Makes 4 servings @ 6 Points each, 7 points plus

