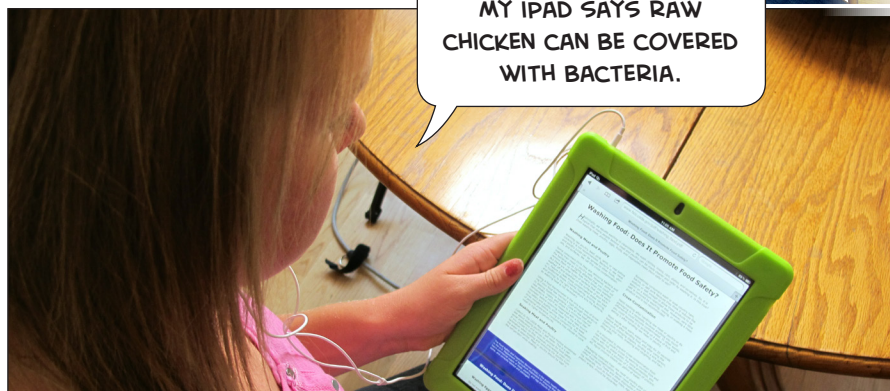
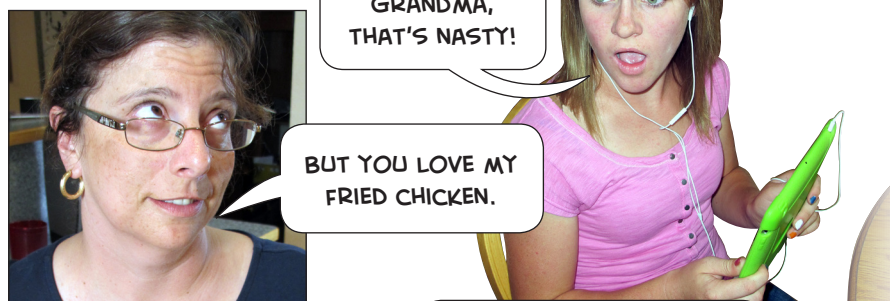


DON'T WASH YOUR CHICKEN!



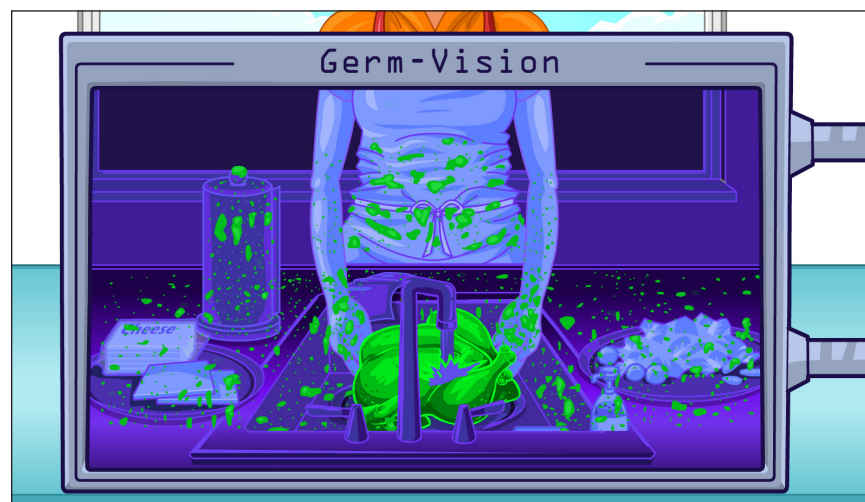
Oven Fried
Chicken
Recipe Inside!



www.drexel.edu/dontwashyourchicken



IF YOU COULD SEE GERMS, YOU WOULD SEE THAT
WASHING POULTRY JUST SPLASHES BACTERIA
ALL OVER YOU, THE KITCHEN, AND OTHER FOODS.



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Oven Fried Chicken

Yields 10 servings
Serving Size: 1 piece

Ingredients

4 pounds bone-in chicken pieces
(such as thighs and drumsticks),
skin removed
8 ounces yogurt, nonfat plain
1½ cup bread crumbs
(or crushed cereal)
nonstick cooking spray



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Oven Fried Chicken

Instructions

1. Preheat oven to 325 degrees F.
2. Spray baking sheets with nonstick cooking spray.
3. Coat chicken with yogurt, then roll in bread crumbs or crushed cereal.
4. Place chicken pieces on baking sheets.
5. Bake in the oven for 1 hour, turning the chicken pieces after first 30 minutes or when they turn brown.



Nutrition Facts

Serving Size (117g)
Servings Per Container

Amount Per Serving

Calories 220 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2g 10%

Cholesterol 75mg 25%

Sodium 220mg 9%

Total Carbohydrate 14g 5%

Dietary Fiber 0g 0%

Sugars 1g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4