



## Oven Fried (Baked) Chicken with Boiled Potatoes 6 servings

### To Make Oven Fried Chicken:

- 1-½ lb Chicken leg quarters, skin removed \*
- 3 Tbsp Bread crumbs, Italian flavor
- 1 Tbsp Parmesan cheese, finely grated

Preheat oven to 425 °. Lightly spray a 9 x 13 “ baking dish with vegetable oil spray. Place bread crumbs and Parmesan cheese in a plastic bag and shake 1-2 pieces of chicken in the breading until well coated. Arrange chicken in the baking dish so that they are not touching. Bake 25-30 minutes, until golden brown.



### Recipe Nutrition per serving

140 calories; 24 gm protein; 3 gm carbohydrate; 3 gm total fat; 1 gm saturated fat; 63 mg cholesterol; 0 gm fiber; 169 mg sodium

### To Make Boiled Potatoes:

Wash potatoes. Place in saucepan and cover with water. Cook on high until water boils. Turn down heat and simmer. Cooking time varies depending on the size of potatoes. Cook until soft and easily pierced with a fork.

**Side Items:** choose one to complete your meal.

1. **Steamed Fresh Cabbage (red or green)**

- Affordable, staple ingredient: Fresh cabbage

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- To Make: Wash fresh cabbage. Use a cutting board and knife to cut thin strips of cabbage. Cut into 2 “ length pieces and place in a saucepan. Add ¼ - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. **Onion Flavored Green Beans or Broccoli**

- Affordable, staple ingredient: Lowes Foods Frozen Green Beans or Lowes Foods Frozen Broccoli Cuts

To Make: Use a cutting board and knife to chop ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. **Orangey Carrots**

- Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots and cut off the very top and bottom of each. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add