

# Oven Fried Chicken with Summer Squash

This dish is a great way to bring the family to the table.

Makes: 6 Servings  
 Prep Time: 10 mins  
 Cook Time: 45 mins

Source: USDA Soulful Recipes

## Ingredients

- 1 cup finely crushed cornflakes
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup evaporated skim milk
- 1 pound chicken breasts, skin removed and cut into 6 pieces
- nonstick cooking spray
- ½ tablespoon vegetable oil
- 1 clove garlic, finely chopped
- 2 medium zucchinis, cut into thin, short strips
- 3 medium yellow squash, cut into thin, short strips
- 1 teaspoon dried oregano

## Utensils Needed

- Measuring cups
- Measuring spoons
- Roasting pan
- Sharp knife
- Cutting board
- Small bowl



Small Changes,  
 BIG Difference!



## Directions

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken over 1 cup of zucchini and yellow squash mixture.

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$16.09

Average cost/serving: \$2.68

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Corn Flakes



Add 1 to Cart  
Chicken Breast (1 pound)



Add 1 to Cart  
Garlic, 1 bulb



Add 2 to Cart  
Zucchini, medium



Add 3 to Cart  
Yellow Squash, medium

## Nutrition Information

Serving Size: 1 piece of chicken; 1  
cup squash

| Nutrients            | Amount |
|----------------------|--------|
| Calories:            | 185    |
| Total Fat:           | 4 g    |
| Saturated Fat:       | 1 g    |
| Cholesterol:         | 46 mg  |
| Sodium:              | 202 mg |
| Total Carbohydrates: | 17 g   |
| Dietary Fiber:       | 3 g    |
| Total Sugars:        | 6 g    |
| Added Sugars:        | 0 g    |
| Protein              | 21 g   |

## SAVE TIME, SAVE MONEY

### Chef's Notes

- To cut costs in this recipe, purchase dried herbs at your local dollar store.
- Another way to cut cost is to purchase items, like the corn flakes cereal found in this recipe, in store brand rather than name brand varieties.

### My Cooking Notes