



Crunchy Oven Fried Chicken

1/3 cup GFCF Margarine or pam

12-14 chicken drumsticks.

Heat Oven to 375. Melt margarine in jelly roll pan.

Roll chicken in melted margarine and coat with corn flakes place in pan.

If you prefer you can spray the pan with pam and spray the drumsticks with pam and roll them in the breading. It actually works really well

Bake uncovered 60 min or until done.

Breading Recipe

5 cups cornflakes

2 t paprika

1 t salt

1/4 t pepper

Place cornflakes and spices in food processor to create fine crumbs. Makes more than you need so add to bowl in small amounts so can save the rest of batch to have on hand. As breading

<http://www.lincolntent.com/GFCF-Poultry.html>