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YUMMY CRUMMY CHICKEN

You'll Need

Skinless chicken breasts and legs

– as many as you need. If you want to be really elegant (that's elegant, not elephant) use skinless boneless breasts only.

Caesar salad dressing - any bottled kind or make your own. Some people leave out the anchovies.

Corn Flake crumbs.

What You Do:

1. Preheat oven to 325.
2. Marinate the chicken parts in the dressing one hour to one day.
3. Coat each piece with Corn Flake crumbs.
4. Bake in the oven 30 minutes or until the juice runs clear when poked with a fork.

This is a kid's favourite and its healthy because it's baked, not fried.

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