

Crispy Microwave Chicken

You really can get crispy results without frying! Try this basic recipe and get crispy chicken right out of the microwave. Serve it with a small baked sweet potato and a large salad or cooked vegetables.

Ingredients

- 1 large chicken breast
- 1/8 tsp salt
- 1/4 cup low-fat milk
- 1/4 tsp rosemary or coriander
- 3 T cornflake crumbs
- Dash ground black pepper
- 1 T wheat germ

Directions:

Rinse and dry chicken thoroughly. Dip in milk. Mix cornflake crumbs with rosemary or coriander and pepper. Roll chicken in the seasoned crumbs. Place on microwave-safe roasting rack. Cover with paper towel. Microwave 4 to 6 minutes on High or until done.



Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 136

Fat 2g

Saturated Fat 0g

Cholesterol 60mg

Sodium 269mg

Carbohydrate 4g

Dietary Fiber 0g

Protein 25g

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