



For more recipes visit <http://whatscooking.us>

Ohio Baked Chicken

Makes 8 chicken drumsticks

Prep time: 15 minutes

Cooking time: 25-30 minutes

For this recipe you will need:

- 8 chicken pieces
- 1 egg
- 2-3 TBSP Cajun mustard
- 1/4 cup buttermilk or evaporated milk
- 1/2 cup whole-wheat flour
- 1/4 cup oatmeal
- 1/4 cup sliced almonds
- 1 TBSP powdered garlic
- 1 tsp crushed pepper
- 1 tsp Cajun spice
- 1 tsp basil flakes
- 1 tsp Italian herbs
- 1 tsp parsley flakes
- salt and pepper

Preparation:

1. Preheat oven to 425° F (220° C)
2. Whisk together egg, Cajun mustard, milk, a pinch of salt and ground pepper in a baking dish.
3. Mix flour, oatmeal and almonds with the rest of the herbs and spices in a large, flat plate.
4. Using a pair of tongs dip chicken pieces in the egg mix. Then coat them with the flour mixture and place them on a greased baking sheet. **Note:** *To avoid a dry look of the flour you can slightly saute the chicken before placing it on the baking sheet. I sprayed canola oil over it to "cook" the flour coat.*
5. Bake for 25-30 minutes or until the coat turns golden brown.
6. Enjoy with your favorite OBC's [side dish](#).

About this recipe:

- This chicken was spicy, crunchy and more healthy than the fried version.
- Instead of oatmeal you could use granola. I make my own granola baking oatmeal, that's why I used oatmeal and not the prepared granola I use for my morning bowl of fruit.
- If you don't like to eat chicken out of the bone you could try making this with boneless chicken breasts. This recipe might even be used for [chicken milesas](#).

Buen provecho!