



**Makes 6 servings.** 1 piece of chicken and 1 cup squash per serving.  
**Prep time:** 10 minutes **Cook time:** 45 minutes

**Nutrition information per serving:** Calories 185, Carbohydrate 17 g,  
Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 46 mg, Sodium 202 mg

# Oven Fried Chicken with Summer Squash

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



## INGREDIENTS

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

## PREPARATION

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 with 1 cup of zucchini and yellow squash mixture.