

# Easy Crispy Chicken

*Quick and easy. Make this the night before and chill to take to a picnic potluck.*

Ranch-style dressing	1 cup	250 mL
Pepper	1 tsp.	5 mL
Bone-in chicken parts, skin removed, cut into serving size pieces	2 lbs.	900 g
Cornflake crumbs	2/3 cup	150 mL
Fine dry bread crumbs	1/3 cup	75 mL
Parsley flakes	1 tbsp.	15 mL

Combine dressing and pepper in large bowl. Add chicken. Stir until coated.

Combine remaining 3 ingredients in large resealable freezer bag. Add chicken 2 or 3 pieces at a time. Seal bag. Toss until coated. Arrange in single layer in greased baking sheet with sides. Bake in 375°F (190°C) oven for about 35 minutes until chicken is no longer pink inside. Serves 4.

*1 serving: 492 Calories; 35.1 g Total Fat (1.2 g Mono, 1 g Poly, 6.2 g Sat); 96 mg Cholesterol; 17 g Carbohydrate; 1 g Fibre; 27 g Protein; 872 mg Sodium*

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