

## [WEIGHT WATCHERS OVEN FRIED CHICKEN RECIPE](#)



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### **Southern Style Oven Fried Chicken Recipes WW USA**

Next, dip chicken into buttermilk and turn to coat both sides. Last, dredge chicken in cornflake crumbs and turn to coat both sides. Place coated chicken breasts in prepared baking dish. Bake until chicken is tender and no longer pink in center, about 25 to 30 minutes (there is no need to flip the chicken during baking).

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Place coated chicken on prepared baking sheet and lightly spray with cooking spray. Broil 3 to 4 inches from heat source until golden brown and cooked through, flipping once, about 4 to 5 minutes per side. To serve, sprinkle with parsley and garnish with lemon wedges. Yields 1 piece of chicken per serving.

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Preheat oven to 375 degrees. Spray a large shallow baking pan with non stick spray. Whisk together the first five ingredients in a large bowl, then add the chicken, tossing to coat. Put the cornflake crumbs into a large ziplock bag, and add the chicken one piece at a time, shaking to coat.

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Serve this chicken with my recipe for Skinny Mash Potatoes or Incredible, Skinny Roasted Garlic Mashers and Simply Crunchy Slaw. Reheat leftovers in a toaster oven or regular oven to re-crisp the chicken. Shopping Tip You'll find cornflake crumbs in a box in the baking section of most supermarkets.

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