

Extra Crispy Oven-Fried Drumsticks

3 cups cornflake cereal, crushed
1/3 cup grated Parmesan cheese
½ teaspoon salt
¼ teaspoon ground black pepper
2 cups fat-free buttermilk
2 tablespoons hot pepper sauce
8 chicken drumsticks, skinned
Vegetable cooking spray

1. Combine buttermilk and hot pepper sauce in an extra-large zip-top freezer bag. Add chicken drumsticks, turning to coat. Place bag in a bowl; refrigerate for 2 to 24 hours to marinate, turning bag over once.
2. Combine first 5 ingredients in a large zip top plastic freezer bag; seal and shake well to combine.
3. Transfer 2 drumsticks at a time to the bag of cornflake mixture. Seal and shake well, coating the drumsticks completely. Place drumsticks on a non-stick aluminum foil lined baking sheet. Repeat procedure with remaining drumsticks. Sprinkle remaining cornflake mixture over drumsticks on baking sheet. Lightly coat with cooking spray.
4. Bake at 425 for 25-30 minutes or until drumsticks are well browned and done. Serve immediately.

Nutrition Values

Calories	324
Fat	7.8 g
Cholesterol	137 mg
Calcium	150 mg
Carbohydrate	21.3 g
Sodium	790 mg
Protein	40.7 g
Fiber	1 g

