

Mary Anne's Baked "Fried" Chicken

Fried chicken and football go together like love and marriage; in other words, you can't have one without the other! But no one likes the greasy mess after you have fried all that chicken. Here's a really easy way to serve your family "fried chicken" without all the fuss and the mess. It's great fresh out of the oven and yummy served at room temperature or even cold! The best thing about the recipe, however, is that it is so much healthier for you!

3 heaping Tablespoons Hidden Valley Original Ranch Salad Dressing &

Seasoning Mix

3 - 4 heaping Tablespoons all-purpose flour

1 package cut-up chicken pieces, your choice

Or

1 medium roasting chicken, about 3 pounds, cut into 8 pieces

Dash salt and pepper

Preheat the oven to 375 degrees F. Combine the Ranch seasoning dressing mix, the salt and pepper with the flour in a gallon-size zip lock food storage bag. Add chicken pieces and seal the bag. Shake the bag really well to evenly coat chicken. Place chicken on parchment-lined baking pan. Sprinkle a little more of the Ranch dressing powder on chicken for extra flavor.

Bake at 375°F for 50 minutes. Half-way through the baking cycle turn pieces of chicken over. Bake until juices run clear or an internal temperature of 165F. Serves 4.

Note: You can substitute unseasoned bread crumbs or corn flakes crumbs for the flour if you want a crispier chicken. I have done this and I usually use about 1 cup of either.