
Picnic Chicken

Jana Moran

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3/8 cup cracker crumbs
1/2 cup Parmesan cheese
1/2 cup walnuts, finely chopped
2 1/2 to 3 pound broiler chicken, cut up
3/4 teaspoon salt
2 eggs, beaten
1 cup buttermilk
1/4 cup butter, melted

Preheat the oven to 375 degrees.

In a bowl, combine the crumbs, cheese, nuts and salt. Coat the chicken.

In a bowl, combine the eggs and buttermilk. Dip the chicken in the mixture. Coat the chicken with crumbs again.

Place in a 13x9-inch baking dish. Drizzle with butter.

Bake in a 375 degree oven for 60 to 70 minutes.

Chicken

Per Serving (excluding unknown items): 6881 Calories; 499g Fat (66.5% calories from fat); 541g Protein; 25g Carbohydrate; 3g Dietary Fiber; 2477mg Cholesterol; 5071mg Sodium. Exchanges: 1/2 Grain(Starch); 72 1/2 Lean Meat; 1 Non-Fat Milk; 59 1/2 Fat.