

Coating for Chicken or Fish

Nancy Field

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 cup flour
1 cup brown cornmeal
2 teaspoons sugar
1/2 cup dry milk
1/2 teaspoon poultry
seasoning
Accent® seasoning mix
pepper*

Add all of the ingredients to a jar. Cover and shake vigorously.

(To use: Place the coating mix in a shallow dish. Dip the fish (or chicken) in water and roll them in the coating mixture. Bake in a 350 degree oven until done (one hour for chicken; less time for fish). Baste occasionally with melted butter.)

Per Serving (excluding unknown items): 806 Calories; 18g Fat (20.7% calories from fat); 30g Protein; 129g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 240mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.