I’ll cook your favorite: oven-fried chicken!

You’re working so hard!

Grandma, that’s nasty!

But you love my fried chicken.

My iPad says raw chicken can be covered with bacteria.

If you could see germs, you would see that washing poultry just splashes bacteria all over you, the kitchen, and other foods.

Dear, that’s why I always wash the chicken before I cook it.

Washing raw chicken does not kill the bacteria.

Stop!
You mean...

I can take the chicken straight out of the package, into the pan, and then the oven?

You and Grandpa could get sick.

Here, USDA says the best way to kill bacteria is to just cook it.

That’s so simple.

Now, do you know a simple way to set the table?

Aww, Gramma.

Oven Fried Chicken

Yields 10 servings
Serving Size: 1 piece

Ingredients
4 pounds bone-in chicken pieces (such as thighs and drumsticks), skin removed
8 ounces yogurt, nonfat plain
1 1/2 cup bread crumbs (or crushed cereal)
nonstick cooking spray

Instructions
1. Preheat oven to 325 degrees F.
2. Spray baking sheets with nonstick cooking spray.
3. Coat chicken with yogurt, then roll in bread crumbs or crushed cereal.
4. Place chicken pieces on baking sheets.
5. Bake in the oven for 1 hour, turning the chicken pieces after first 30 minutes or when they turn brown.

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Nutrition Facts

Serving Size: (117g)  
Serving Per Container

Amount Per Serving  Calories 220  Calories from Fat 70

| % Daily Value | 
|--------------|---|---|---|---|
| Total Fat | 7g | 11% |
| Saturated Fat | 2g | 10% |
| Cholesterol | 75mg | 25% |
| Sodium | 220mg | 9% |
| Total Carbohydrate | 14g | 5% |
| Dietary Fiber | 0g | 0% |
| Sugars | 1g | 
| Protein | 24g | 

Vitamin A 2%  
Vitamin C 2%  
Calcium 8%  
Iron 10%  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2000  2500
| Fat | Carbohydrate | Protein |
|---|---|---|---|---|---|---|---|
| Less than 65g | Less than 120g | Less than 45g |
| Saturated Fat | Less than 20g | Less than 10g |
| Cholesterol | Less than 300mg | 
| Sodium | Less than 2,400mg | 
| Total Carbohydrate | 300g | 300g |
| Dietary Fiber | 25g | 25g |

www.drexel.edu/dontwashyourchicken