



early childhood community development centre

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## Herb Baked Chicken

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### *Ingredients - Makes 8 servings*

- 8 chicken legs, skin removed and fat trimmed off
- 1 cup milk
- 2/3 cup fine dry bread crumbs
- 2/3 cup Parmesan cheese
- 2 Tbsp dried parsley
- 2 tsp Italian seasoning
- ½ tsp ground pepper

### *Directions*

1. Preheat oven to 375 F (190 C).
2. Place chicken in a medium bowl and cover with milk. Let soak for 5 minutes. Turn over and let soak for another 10 minutes.
3. In a separate bowl, stir together bread crumbs, Parmesan cheese, parsley, Italian seasoning and pepper.
4. Dip chicken pieces, one at a time, into bread crumb mixture to coat. Discard the milk left in the bowl.
5. Place chicken pieces on a lightly greased baking pan, and bake for 45 minutes.

Source: The Basic Shelf Cookbook (1994), City of York Health Unit

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