

## **Chicken Drumsticks**

Adapted from Hungry-Girl.com

6 raw chicken drumsticks, skin removed  
1/2 tsp. salt, divided  
1/2 cup Special K High Protein cereal  
1 1/4 tsp. black pepper  
3/4 tsp. garlic powder  
3/4 tsp. onion powder  
3/4 tsp. dried oregano  
1/4 tsp. chili powder  
1/4 cup egg substitute

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray and set aside. Season chicken with 1/4 tsp. salt and set aside.

Grind the cereal to a breadcrumb-like consistency with a blender or food processor. Put the crumbs in a large sealable plastic bag. Add remaining 1/4 tsp. salt and all other seasonings. Seal bag and shake to mix. Set aside.

Two at a time, coat drumsticks in egg substitute, gently shake to remove excess liquid and place in the bag with the crumbs. Seal and shake to coat. Transfer crumb-coated drumsticks to the baking sheet and repeat with remaining drumsticks.

Bake in the oven for 20 minutes and then carefully flip. Bake for another 15 - 20 minutes, until crispy and cooked through. Makes 3 servings.

Nutrition information per serving: calories 184, protein 28 grams, fat 5 grams, carbohydrate 11 grams, sodium 567 mg.