
Sesame Baked Chicken

Audrey Reifler - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 8

8 pieces (four pounds) chicken
2 1/2 cups buttermilk
3/4 cup sweet butter
2 tablespoons lemon juice
2 cloves garlic, chopped
1 1/2 cups bread crumbs
1/2 cup sesame seeds
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons Parmesan cheese

Marinate the chicken in buttermilk overnight. Pat off any extra buttermilk and dry the chicken.

Preheat the oven to 450 degrees.

In a bowl, combine the butter, lemon juice and garlic. In another dish, combine the bread crumbs, sesame seeds, salt, pepper and Parmesan cheese.

Dip the chicken in the butter mixture. Roll in the bread crumbs mixture. Arrange the chicken in a casserole dish in a single layer. Drizzle the remaining butter over the chicken.

Bake for 10 minutes.

Reduce the oven temperature to 350 degrees.

Bake for one hour, basting occasionally.

Chicken

Per Serving (excluding unknown items): 3385 Calories; 240g Fat (65.2% calories from fat); 265g Protein; 22g Carbohydrate; 2g Dietary Fiber; 1362mg Cholesterol; 1454mg Sodium. Exchanges: 1 Grain(Starch); 36 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 25 Fat.