

MAIN DISHES



BABY BOOMER OVEN-FRIED CHICKEN

Shirley Fountain, LPN

3 lb. whole cut-up fryer	1 tsp. lemon pepper
1 c. milk	1 tsp. garlic powder
1 egg	1 tsp. onion powder
1 c. flour	1 tsp. paprika
1 tsp. salt	1 tsp. parsley flakes

Preheat oven to 450°. Place chicken in the milk and egg bowl. Place all dry seasonings into the flour and mix. Dredge chicken parts into flour, making sure all pieces are well coated. Place on a sprayed non-stick pan. After placing chicken on a pan, spray top of chicken with non-stick cooking spray. If cooking spray is not desired, you may dab small amounts of cooking oil on chicken. Place in oven for 45 minutes or until juices run clear.

BAKED BARBECUED RIBS

*Conesha (Buford) Dean
Daughter of Connie D. Harris*

2 to 3 lb. ribs	1/4 c. margarine
1/4 c. brown sugar	1/4 tsp. lemon juice
1 c. barbeque sauce	

Mix all ingredients. Pour mixture over ribs. Bake for about 1½ hour or until well done.

BAKED BEANS

*Sally Mahoney
Medical Records*

3 (15 oz.) cans pork and beans	1 c. BBQ sauce
1 lb. lean ground meat	1 small bell pepper, chopped
2 Tbsp. brown sugar	