



Baked Flaked Chicken

Servings 8 | Prep time 20 mins. | Total time 45 mins.

Equipment: Zip-close bag, 3 medium bowls, 9x13-inch baking sheet

Utensils: Knife, Fork, Measuring cups and spoons

Ingredients

1 pound boneless skinless chicken tenderloins or breasts

1 1/2 cups corn flake cereal

3 tablespoons whole wheat or all-purpose flour

1/4 teaspoon salt

1/8 teaspoon black pepper

1 tablespoon garlic powder

1 large egg

2 tablespoons low-fat milk

Non-stick spray

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat oven to 375 degrees. Spray baking sheet with non-stick spray.
3. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
4. Crush cornflakes in a zip-close bag. Pour into medium bowl.
5. In a second medium bowl mix flour, salt, black pepper and garlic powder.
6. In a third medium bowl, add eggs and milk. Whisk with a fork.
7. Dip each chicken piece into flour mixture, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
8. Place chicken pieces on prepared baking sheet, evenly spaced. Spray pieces lightly with non-stick spray.
9. Bake for 20–25 minutes until chicken is crispy, and has reached internal temperature of 165 degrees.

Nutritional Information:

Calories 120 Total Fat 8g Sodium 150mg Total Carbs 8g Protein 15g