

"FRIED" CHICKEN



INGREDIENTS Serves: 8 | Serving Size: 4 oz. cooked chicken



**boneless,
skinless chicken**

2 pounds
cut in strips



cornflakes cereal

3 cups



**whole wheat
flour**

1/3 cup



salt

2 tablespoons



ground black pepper

1/4 teaspoon



egg

2 large eggs



nonfat milk

1/4 cup



spray oil

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INSTRUCTIONS

1. PREHEAT OVEN



Preheat oven to 375°F. Spray baking sheet with oil and set aside.

2. CRUSH CORNFLAKES & PREP FLOUR



In a medium bowl, crush cornflakes. In a second medium bowl, mix flour, salt, and black pepper.

3. COMBINE EGGS & MILK



In a third medium bowl, add eggs and milk. Beat with a fork.

4. COAT CHICKEN PIECES



Take each piece of chicken and coat it first with flour, then dip it in egg, and finally coat it with cornflakes. Each piece should be fully coated with flakes. Place chicken on a baking sheet, evenly spaced apart.

5. BAKE CHICKEN



Spray top of chicken with cooking spray. Place in oven for 20-25 minutes, or until internal temperature reaches 165°F.

CHEF NOTES

- For extra flavor, add ½ to 1 teaspoon of spices, such as paprika, chili powder, dried thyme, rosemary, or oregano to flour mixture.
- If using bone-in chicken, adjust cooking time to 35-40 minutes.
- Easy ways to crush cornflakes:
 - In bowl, crush using the bottom of a measuring cup.
 - Place in a large plastic bag and crush using your fists or the bottom of a measuring cup.

NUTRITION INFORMATION

Calories: 214	Total Carbohydrate: 13g	Protein: 29g
Total Fat: 5g	Dietary Fiber: 1g	Sodium: 294mg

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