

Cornflake Crusted Chicken

Total time: 30 minutes

4 servings: approximately 4 oz each

Ingredients:

- Cooking spray
- 1/2 cup milk
- 2 whole eggs
- 4 cups cornflakes
- 1/2 teaspoon salt plus more to taste
- 1/4 teaspoon onion powder
- 1/4 teaspoon pepper plus more to taste
- 1 1/4 pounds boneless chicken breast cut into strips or chicken tenders
- Optional: 1 tablespoon chopped parsley



Instructions:

1. Preheat your oven to 425F. Line a sheet pan with foil and spray it with cooking spray.
2. Place the milk and eggs in a bowl and then whisk them to combine.
3. Place the cornflakes, salt, onion powder, and pepper in a plastic bag. Break the cornflakes into smaller pieces with the back of a spoon. Shake to combine.
4. Pour the cornflake mixture onto a plate.
5. Dip each chicken piece into the milk and egg mixture and then roll them in the cornflakes.
6. Place the chicken on the baking sheet and coat the tops of the chicken with cooking spray.
7. Bake for around 15 minutes until the chicken is cooked through and crispy. (A cooking thermometer is helpful to use. The chicken is safe to eat at an internal temperature of 165F.)
8. Sprinkle the chicken with parsley, if desired, and serve

Helpful Tip: Some great, healthy sides to add to this meal would be whole-grain pasta and a salad!

Nutrition: Calories 271kcal | Carbohydrates 29g | Protein 31g | Fat 6g | Saturated fat 0.8g | Sodium 479mg | Fiber 1g