## **Baked Flaked** Chicken

Total Time: 45 m

INGREDIENTS:

- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal
- 1/3 cup whole wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large eggs
- 1/4 cup nonfat milk
- Non-stick cooking spray

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EQUIPMENT NEEDED:

DIRECTIONS

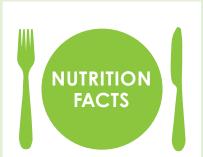
- 3 medium bowls
- Baking sheet
- Cutting board
- Fork
- Measuring cups and spoons

Wash your hands with soap and water, then gather all your equipment

- Sharp knife
- Food thermometer

and ingredients and put them on a counter.

- 1. Preheat oven to 375°F.
- 2. 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.
- 3. In a medium bowl, crush cornflakes.
- 4. In a second medium bowl, mix flour, salt, black pepper, and optional spices, if using (see notes below).
- 5. In a third medium bowl, add eggs and milk. Beat with a fork.
- 6. Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with cornflakes.
- 7. Coat baking sheet with non-stick cooking spray. Place chicken pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
- 8. Bake for 20–25 minutes, or until internal temperature reaches 165°F.



erving size	152g
alories	200

Amount per serving Nutrition	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 320mg	14%
Total Carbohydrate 13	3g <b>5</b> %
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added St	ugars <b>0%</b>

Protein 29g	
Vitamin D 1mcg	6%
Calcium 22mg	2%
Iron 4mg	20%
Potassium 57mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- For extra flavor, add 1/2 to 1 teaspoon of spices such as paprika, chili powder, dried thyme, rosemary, or oregano — to salt and pepper to season chicken.
- For lowest price, use a whole chicken and cut into parts.
- To crush cornflakes easily, place in bowl and crush using the bottom of a measuring cup or smaller bowl. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- If using bone-in chicken, adjust cooking time to 35–40 minutes. Be sure it still reaches a safe internal temperature of 165°F. If cornflake crust starts browning too much before chicken is fully cooked, cover loosely with aluminum foil.
- Serve with a colorful vegetable or fruit side dish. Try sweet potato fries, sauteed greens, orange glazed carrots, or fruit salad.



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