



Cheesy Chicken Crunchers

Servings: 4-6

Prep Time: 30 minutes

Cook Time: 25 minutes

Ingredients:

- 1 cup all-purpose flour
- salt
- pepper
- 4 egg whites
- 1/2 cup 1% low-fat milk
- 1 1/2 cups cornflakes, crushed
- 1 cup (4 ounces) shredded reduced fat Cheddar cheese
- 6 chicken breast filets, cut into strips
- non-stick cooking spray
- ketchup or BBQ sauce (optional)

Preparation:

Preheat oven to 375° F. In small bowl, combine flour with a pinch of salt and pepper. In second bowl, make egg-wash by beating eggs and milk. In third bowl, combine cornflakes with cheese.

Coat a 13x9-inch baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into egg-wash, then roll in cheesy-flakes mixture, coating entire piece of chicken. Place on baking pan. Discard any unused corn flake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce, if desired.

Substitution Idea:

Kick it up a notch by adding your favorite spice, like cajun or garlic seasonings, to the flour mixture before coating chicken!

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	320
Total Fat:	8g
Saturated Fat:	4g
Cholesterol:	90mg
Sodium:	320mg
Carbohydrates:	24g
Dietary Fiber:	1g
Protein:	37g
Calcium	20% Daily Value

Cost/recipe:

\$17.63

(6 servings)

Cost/serving:

\$2.92



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ON THE
BASICS**

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