BAKED, FLAKED CHICKEN

INGREDIENTS:
- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal or oats
- 1/3 cup flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

MATERIALS:
- 3 medium bowls
- Measuring cups
- Baking sheet
- Measuring spoons
- Cutting board
- Sharp knife
- Fork

Serves: 8; 4 oz chicken per serving

*Recipe from Share Our Strength's Cooking Matters®

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DIRECTIONS:

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 or blitz oats in a blender or food processor.
4. In a second medium bowl, mix flour, salt, and black pepper.
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 or oats. Each piece should be fully coated.
8. Bake for 20–25 minutes, or until internal temperature reaches 165°F.

Chef’s Notes:

- For extra flavor, add ½ to 1 teaspoon of spices, such as paprika, chili powder, dried thyme, rosemary, or oregano, to salt and pepper to season chicken.
- 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.