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## BAKED, FLAKED CHICKEN

### MATERIALS:

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

### INGREDIENTS:

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

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.
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. .

## 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.