



Chicken Crunchers

Makes 6 servings

Ingredients

1 cup all-purpose flour
Salt and pepper to taste
4 egg whites
1/2 cup milk

1 1/2 cups cornflakes
1 cup (4 ounces) reduced-fat, shredded cheddar cheese
6 chicken breast filets, cut into strips
Non-stick cooking spray

Instructions

Preheat oven to 375 degrees. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg wash, made by beating the eggs and milk together; 3) cornflakes mixed with cheese.

Coat a 13 x 9 inch baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into the egg wash, then

roll in the cheesy-flakes mixture, coating the entire piece of chicken, and place on the baking pan. Discard any unused cornflake mixture after coating chicken.

Bake for 25 minutes, turning halfway through to ensure even browning.

Serve with ketchup or barbecue sauce if desired.

Nutrition Facts

Serving size: 1 piece: Calories 320; Total Fat 8 g; Saturated Fat 4 g; Polyunsaturated Fat 1; Monounsaturated Fat 2; Sodium 264 mg; Carbohydrates 24 g; Protein 37 g; Fiber 1 g; Calcium 200 mg

Recipe adapted from www.diabetes.org

