



# “Fried” Chipotle Chicken

Makes 5 servings

## Ingredients

4 uncooked boneless, skinless chicken breasts (3.2 oz. each)  
Nonstick cooking spray  
¼ cup whole wheat flour  
½ cup crushed cornflakes  
2 teaspoons chopped cilantro

¼ teaspoon black pepper  
½ teaspoon onion powder  
½ teaspoon cayenne pepper  
3 ounces skim milk  
1 teaspoon chipotle pepper in adobo sauce, pureed

## Instructions

1. Preheat oven to 425 degrees. Spray the baking sheet with nonstick cooking spray.
2. Combine flour, pepper, onion powder and cayenne pepper in a large plastic bag or bowl; pour the milk into a second bowl, then add the crushed cornflakes and cilantro in a third.
3. Cover chicken in chipotle pepper and adobo sauce puree.
4. Place the chicken in the flour and seasonings bag and shake to coat, or roll in the mixture if in a bowl.
5. Dip the chicken into the milk and then in the crushed cornflakes.
6. Place chicken on the baking sheet, leaving a space between each breast and lightly spray with the cooking spray.
7. Bake chicken about 10-15 minutes, flip gently with a pair of tongs, and bake another 10-15 minutes.
8. Check to make sure your chicken is cooked, as the thickness can greatly affect baking time. You want it to be tender and not pink.
9. Remove to a plate lined with paper towels to soak up any excess fat, then serve with a wedge of lemon.

## Nutrition Facts

Calories: 181; Fat: 3g; Saturated Fat: 1g; Total Carbohydrates: 13g; Dietary Fiber: 1g; Protein: 23g; Cholesterol: 57mg; Sodium: 136mg

Source: <https://www.rush.edu/health-wellness/healthy-recipes/fried-chipotle-chicken>



South Carolina