

Baked Flaked Chicken

If you like fried chicken, you'll love this healthier version!

Makes: 8 servings
 Prep Time: 15 minutes
 Cook Time: 25 minutes

Source: CookingMatters.org, Baked Flaked Chicken

Ingredients

- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal
- ½ cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

Directions

1. Wash hands and sanitize prep area. 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.
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. Each piece should be fully coated with flakes.
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.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 4 ounces cooked chicken

Nutrients	Amount
Calories:	210
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	130 mg
Sodium:	310 mg
Total Carbohydrates:	13 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Protein	24 g

Utensils Needed

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

SHOPPING LIST

Average total cost without oil and seasonings: \$17.12

Average cost/serving: \$2.14

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Chicken Breasts



Add 1 to Cart
Eggs (1/2 dozen)



Add 1 to Cart
Cornflakes Cereal (18 oz.)



Add 1 to Cart
Nonfat Milk (1/2 gallon)



Add 1 to Cart
Whole Wheat Flour (5 lbs.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- 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.
- For lowest price, use a whole chicken and cut into parts.
- To crush cornflakes easily, place in bowl and crush using the bottom of a measuring cup. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.