

CORN FLAKE CHICKEN

Delicious right out of the oven or cold the next day. Shared by Eileen Street.



PREP: 10 minutes

BAKE: 12-15 minutes

INGREDIENTS:

1 lb. package of chicken tenders or chicken breast cut into ½ inch thin strips

¾ C. shredded Parmesan (For extra flavor try using shredded Parmesan with Asiago cheese)

¾ C. corn flakes

1 egg

2 Tbsp. water

red Cayenne pepper (Optional)

DIRECTIONS:

Mix 1 egg and 2 Tbsp. of water in a small bowl (just so egg is not too thick).

Create a mixture of crushed corn flakes (I use a ziplock bag to crush the corn flakes) and shredded Parmesan cheese and place in a medium bowl (Optional: add red Cayenne pepper to mixture).

Dip chicken tender in egg and then corn flake/Parmesan cheese mixture.

Place chicken tenders on a cookie sheet lined with non-stick foil.

Bake at 425 degrees for 12–15 minutes.

Serve with cranberries in the middle of platter or add some fresh parsley for presentation!