

Corn Flake Chicken

Family Friendly

High Protein - Low Added Sugar - Dairy Free

Ingredients

Servings: 4

Prep Time: 20 minutes

Cook Time: 20 Minutes

- 1lb. **chicken breasts**, cut into strips
- 2 **eggs**
- 2 cups **corn flakes** crushed
- 1 **cup flour**
- 1 **tbsp oil** or **cooking spray**

Optional: You can season your flour with paprika, garlic powder, onion powder, salt, and pepper if desired.

Directions

1. Preheat your oven to 350 °F.
2. In a bowl, add the flour and optional seasonings.
3. Add the eggs to a separate bowl and beat together.
4. Last, add crushed cornflakes to a third bowl.
5. One at a time, coat the chicken in the flour, then into egg, and lastly into the cornflakes. Repeat with all remaining pieces.
6. Place the prepared chicken onto a lightly greased baking sheet and bake for 20 minutes or until the chicken is cooked through.