Baked “Fried” Chicken Tenders

40 minutes
3-4 servings

Ingredients:
• 1 lb boneless, skinless chicken breasts
• 1 c. skim milk
• 2 c. corn flakes cereal
• Seasoned salt (optional)
• Garlic salt (optional)
• Pepper (optional)

Directions:
• Crush cornflakes (food processor or place in sealed plastic bag and crush) until broken into tiny pea-size and smaller pieces. Place crumbs in large bowl with lid.
• Cut chicken into strips and dip in milk; place half of dipped chicken in bowl of crumbs. Shake well to cover; repeat with other half of chicken. Make sure they are well-coated.
• Spray baking sheet with cooking spray and place chicken on it. Sprinkle with seasonings if desired. Bake 20-25 minutes at 350° or until inside of tenders are white.

Did you know? You can vary this recipe by using alternative breading: try bread crumbs, crushed crackers, or different types of crushed cereal.

Benefits: Baking, rather than frying, the chicken cuts down on unhealthy fats yet still gives a mimic of actual fried chicken.

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