

Baked Flaked Chicken

Total Time: 45 m



INGREDIENTS:

- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal
- 1/3 cup whole wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large eggs
- 1/4 cup nonfat milk
- Non-stick cooking spray

EQUIPMENT NEEDED:

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

DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. 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, black pepper, and optional spices, if using (see notes below).
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 cornflakes.
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.

NOTES:

- For extra flavor, add 1/2 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 smaller bowl. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- If using bone-in chicken, adjust cooking time to 35–40 minutes. Be sure it still reaches a safe internal temperature of 165°F. If cornflake crust starts browning too much before chicken is fully cooked, cover loosely with aluminum foil.
- Serve with a colorful vegetable or fruit side dish. Try sweet potato fries, sauteed greens, orange glazed carrots, or fruit salad.



Serving size **152g**
Calories **200**

Amount per serving
Nutrition % Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 3.5g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 105mg | 35% |
| Sodium 320mg | 14% |
| Total Carbohydrate 13g | 5% |
| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |

Protein 29g

| | |
|----------------|------------|
| Vitamin D 1mcg | 6% |
| Calcium 22mg | 2% |
| Iron 4mg | 20% |
| Potassium 57mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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