

HEALTHY HOMEMADE CHICKEN TENDERS

RECIPE SOURCE: www.foodnetwork.com/recipes/rachael-ray/crunchy-oven-baked-chicken-toes-recipe-1915783

INGREDIENTS:

- 1 cup corn flakes
- 1 cup plain bread crumbs
- 2 tbsp. brown sugar
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. ground allspice
- 3 tbsp. vegetable oil
- 1 1/2 pounds chicken breast tenders, cut into 2-inch pieces by a grown-up helper
- 1/3 cup all-purpose flour
- 2 eggs, beaten
- 1/4 cup honey mustard
- 1/4 cup barbecue sauce

TIME: 25 minutes

SERVINGS: 4

DIRECTIONS:

Have your grown-up helper (GH) turn the oven on to 375 degrees F.

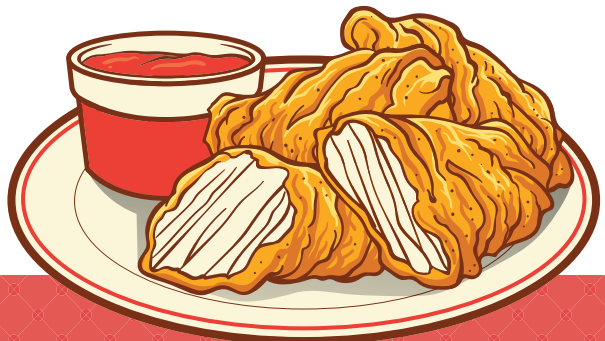
In a pie pan or other shallow, large dish, pour out corn flakes. Crush the cereal up with your hands. Mix in bread crumbs, sugar, salt, pepper, and allspice

Drizzle 3 tablespoons vegetable oil evenly over the breading, tossing and turning it to mix the oil all through the bread crumbs and crushed-up corn flakes.

Have your GH cut the chicken into 2-inch pieces. Turn the chicken in flour, eggs and then in the special crunchy breading. Arrange the chicken pieces on a nonstick baking sheet.

Place the chicken tenders in the oven and cook 15 minutes or until crisp and brown all over.

Mix together honey mustard and barbecue sauce in a small bowl. Serve hot with sauce for dipping.



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