

sweet chicken fingers

Serves: 6

Prep and Cook time: 40 min

Per serving: 524 calories, 30 g fat, 1065 mg sodium

2 cups cornflakes
(Frosted Flakes),
crushed

3/4 cup plain yogurt

2 lb chicken tenders

1 cup shredded Parmesan cheese

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper. In a shallow bowl, combine the crushed cornflakes and Parmesan. Place the yogurt in a separate shallow bowl.

2. Coat the chicken with the yogurt and then roll in the cornflake mixture. Place on the baking sheet and bake until the chicken is cooked through and the coating is golden and crunchy, about 25-30 minutes. To check if the chicken is done, cut one piece in half. If the chicken has no pink in the middle, then the chicken is done.

Vary It! For even simpler chicken fingers, coat the chicken in mayonnaise then in dried bread crumbs. Drizzle with butter and bake for 25-30 minutes.

