



Crispy Oven-Fried Chicken

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 chicken breast

Ingredients

Nonstick cooking spray
3 tablespoons whole-wheat flour
1 egg, lightly beaten
2 tablespoons low-fat (1%) milk
¼ cup nonfat plain Greek yogurt
1 tablespoon Dijon mustard
3 cups unsweetened cornflakes
¼ teaspoon paprika
¼-½ teaspoon ground black pepper, to taste
¼-½ teaspoon cayenne, to taste
4 (4-ounce) boneless skinless chicken breasts

Directions

1. Preheat the oven to 425°F. Lightly spray a baking sheet with nonstick spray and set aside.
2. Add the flour to a plate or shallow dish.
3. In a separate bowl or shallow dish, whisk together the egg, milk, yogurt, and mustard.
4. Add the cornflakes to a zip-top plastic bag and crush with a rolling pin, meat mallet, or your fist to create crumbs.
5. Transfer the cornflake crumbs to a medium mixing bowl, along with the black pepper and cayenne. Stir to combine.
6. Pat the chicken dry with paper towels.
7. Dip the chicken in the flour, coat well, and shake off the excess.
8. Dip the chicken in the egg mixture, shaking off the excess.
9. Dip the chicken into the cornflake crumbs, pressing to make the crumbs stick.
10. Place the chicken on the prepared baking sheet. Bake uncovered until crispy and cooked through (minimum internal temperature of 165°F), about 15-20 minutes.
11. Serve warm.

Nutrition Facts Per Serving: Calories: 355 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 375 mg | Total Carbohydrate: 24.5 g | Dietary Fiber: 1.5 g | Protein: 40 g

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