Oven “Fried” Chicken Fingers

Ingredients:

2 tablespoon white flour
1 teaspoon Cajun seasoning
1 lb. boneless, skinless chicken breast, cut into ¾ inch strips
1 ½ cups corn flake cereal, crushed
2 eggs, lightly beaten

Directions:

1. Crush cereal, lace cornflakes in plastic bag and gently press the cereal until you have finely crushed cornflakes.
2. Pre-heat oven to 350° F.
3. Lightly grease baking sheet
4. Place flour and Cajun seasoning in a re-sealable plastic bag.
5. Place chicken, 3-4 strips at a time, in bag. Seal and shake to coat chicken. Remove chicken and lay on a plate.
6. Beat eggs and place in a shallow pan.
7. Dip floured chicken strips in egg and then place in corn flake bag and shake to coat chicken evenly.
8. Place chicken on lightly greased baking sheet.
9. Bake in 350° F oven for 15 minutes, or until baked through and crispy on outside.

Yields about 5 servings

Source: Recipe from Cornell University Cooperative Extension-Seneca County Archives

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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