

Oven Fried Chicken

Makes: 4 Servings

Hands on time: 20 min.

Total time: 45 min.

4 boneless, skinless chicken breasts (1 pound)

½ tsp salt

¼ tsp pepper

2 egg whites

Vegetable cooking spray

¾ cup crushed cornflakes cereal

½ cup freshly grated parmesan cheese

1 tsp dried Italian seasoning (we used lemon pepper)

½ cup all purpose flour

1. Preheat oven to 425 degrees. Sprinkle chicken with salt and pepper. Whisk egg whites just until foamy.
2. Place a wire rack coated with cooking spray in a 15 X 10 inch jelly roll pan. Stir together cornflakes, parmesan cheese and Italian seasoning.
3. Dredge chicken in flour, shaking off excess. Dip chicken in egg white and dredge in cornflake mixture. Lightly coat chicken on each side with cooking spray; arrange chicken on wire rack. (note: I did not have wire rack or jelly roll. I just used a roasting pan lined with foil to cut down on the mess and it worked just fine.)
Bake at 425 for 25 to 30 minutes or until meat thermometer reads 180 when inserted into thickest part of chicken.

Adapted from Southern Living Magazine Sept. 2011