



Cornflake Chicken Tenders

Looking for a little extra crunch to your chicken breast? This is the perfect, fast, easy, and economical recipe to spice things up in the kitchen. Honey and mustard are used as a dip to add extra flavour without adding fat. For an Italian twist, try adding half a teaspoon of dried basil and oregano to the cornflake mixture.

Prep: 20 minutes • Total: 45 minutes

Ingredients:

Chicken Breast	2 each	2 each
Cornflakes	1 cup	250 mL
Dijon Mustard	2 Tbsp	30 mL
Worcestershire sauce	1 tsp	5 mL
Garlic powder	1 tsp	5 mL
Pepper	½ tsp	2.5 mL
Egg	1 each	1 each
Cheddar cheese, shredded	1 cup	250 mL

Honey Mustard Dip

Dijon mustard	2 Tbsp	30 mL
Honey	1 Tbsp	15 mL
Lemon juice	1 Tbsp	15 mL
Plain yogurt	½ cup	125 mL

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. In a small bowl, whisk the mustard, Worcestershire sauce, and egg.
3. In a medium bowl, crush the cornflakes.
4. Add the cheddar cheese, garlic powder, salt, and pepper to the cornflakes.
5. Cut the chicken into strips, widthwise.
6. Coat each chicken breast strip in the egg mixture, then coat with the cornflake mixture and place in a 9x11 baking pan.
7. Once all chicken strips are coated, place in preheated oven and bake for 15-25 minutes depending on the thickness of the strips.
8. For the honey mustard dip, simply whisk all ingredients together.

Nutrition Facts

Serving Size (214g)
Servings Per Container

Amount Per Serving

Calories 350 **Calories from Fat 50**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 790mg **33%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 44g

Vitamin A 2% • **Vitamin C 4%**

Calcium 20% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 4 servings (214 g / serving) • 1 serving = 3-4 chicken strips

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