

# Recipe:

## CORNFLAKES & PARMESAN CRUSTED CHICKEN

Date:

Total Yield	Diet Type
5 -6 Servings	<input checked="" type="checkbox"/> GENERAL <input type="checkbox"/> GLUTEN-FREE <input type="checkbox"/> VEGAN <input type="checkbox"/> KETO <input type="checkbox"/> OTHER -

### Ingredients

Chicken breasts - 5-6 pcs.

Cornflakes - 2 cups

Parmesan cheese -  $\frac{1}{2}$  cup

Eggs - 2 beated

Milk - 3 Tbsp.

Garlic powder -  $\frac{1}{2}$  Tsp.

Onion powder -  $\frac{1}{2}$  Tsp.

Paprika -  $\frac{1}{2}$  Tsp.

Oregano, dried -  $\frac{1}{2}$  Tsp.

Pepper, ground -  $\frac{1}{2}$  Tsp.

Salt - 1 Tsp.

### Preparations & Cooking

1. Butterfly the chicken by placing the chicken breast flat on the board. Slice the breast from the side horizontally across. Do not cut all the way through. Open it up and flatten it.
2. In a small bowl, combine the egg and milk.
3. In another bowl, combine salt and pepper and all other dry seasoning.
4. Grind the cornflakes in a food processor or place them in a freezer bag and pound them until crumbly. Transfer to a bowl and add in the grated parmesan cheese.
5. Preheat the oven to 350 F.
6. Place the chicken breast in a well-greased baking dish.
7. Pat dry the chicken using paper towels.
8. Season the chicken with the dry seasoning mixture, top and bottom.
9. Dip each of the breasts in the egg wash mixture; then in the cornflakes and parmesan mixture.
10. Repeat the process until all the breasts are fully coated.
11. Bake for 20-25 minutes or until the chicken is at 165 F temperature.