



RECIPE OF THE Month

UNFried Chicken

Crispy yet moist, you won't believe it's not fried.

Seasoning Mix – 1 tsp each:

- 1 tsp **thyme**
- 1 tsp **basil**
- 1 tsp **paprika**
- 1 tsp **black pepper**
- 1 tsp **oregano**
- 1 tsp **onion powder**
- 1 tsp **garlic powder**
- 1 tsp **salt** (optional)

- 1 cup **corn flake cereal** (no sugar added), crumbled
 - ½ cup **egg whites** (about 3 egg whites)
 - 1 tbsp **nonfat milk**
 - 6 skinless **chicken breasts** (about 4 ounces each)
- Preheat oven to 350°F.**

- 1 Mix seasoning ingredients; combine with corn flake crumbs.
- 2 Blend egg whites with milk in one dish.
- 3 Dip chicken in egg wash to fully coat.
- 4 Dip chicken in crumb mixture to fully coat.
- 5 Place chicken breast on an elevated rack and bake for 30-35 minutes or until internal temperature is 170°F. (The elevated rack will allow the chicken to cook crispy underneath.)

MAKES 6 SERVINGS.

PER SERVING: 215 calories | 38g protein | 4g fat | 4g carbs | trace fiber | 551mg sodium

