

HEALTHY CHICKEN FINGERS

Serving Size: 6

INGREDIENTS:

- chicken pieces 18 - 24
 (approx. 4 inches long
 and 1/2 inch thick)
- buttermilk 1 cups
- garlic 1 clove
- onion 1/2
- salt 1/2 tsp
- pepper 1/4 tsp
- crushed corn flakes 1.5 cups
- flour 1 cup
- paprika 1/2 tbs

EQUIPMENT:

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- chef knife
- chopping board
- paring knife
- measuring spoons
- large ziplock bags
- baking sheets



METHOD:

1. Put chicken into bag or dish. Add the buttermilk, garlic, onion, salt and pepper and seal. Marinate for 1 hour.
2. Have cornflakes in a large ziplock bag and crush. Add flour, salt, pepper, and paprika into the bag.
3. Remove chicken from the bag and bread the pieces using the crushed corn flakes, flour, salt, pepper, and paprika in the other bag.
4. Place on a rack on a roasting pan and place in a 350° oven. Roast until the chicken is brown and cooked to an internal temperature of 165°F, approximately 45 minutes.

ENJOY ☺