

Oven Fried Chicken

Nonstick cooking spray
1 cup corn flake crumbs
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon black pepper
2 egg whites
1 pound (4) skinless chicken breasts

Makes 4 portions, 2 strips each

Per portion

Calories:	214
Carbohydrate:	18 grams
Protein:	30 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	66 milligrams
Sodium:	311 milligrams
Dietary fiber:	0

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1. Preheat oven to 350°.
 2. Spray baking sheet with cooking spray.
 3. Combine corn flake crumbs, paprika, salt, and black pepper in a small bowl. Stir well.
 4. Lightly beat egg whites in a bowl.
 5. Skin chicken if not using skinless chicken. Cut chicken into 2 x $\frac{3}{4}$ inch strips. Dip chicken strips into egg whites.
 6. Roll into crumb mixture to coat.
 7. Place chicken strips on baking sheet.
 8. Bake, uncovered at 350° for about 30 minutes or until the chicken is no longer pink on the inside. If using breasts with bone in, chicken will need to be cooked for longer time.