



Oven Baked Breaded Chicken

PREP: 30 min.

INGREDIENT LIST:

- 1 lb. chicken pieces, boned (skin on or not) or pork chops
- Salt, pepper, and garlic powder, to taste
- 3 cups all-purpose flour
- 1 egg
- 1 (12 oz.) can Carnation evaporated milk
- 3 cups Kellogg's cornflake crumbs
- Non-stick cooking spray
- 2 Tbsp. butter

Recipe Instructions:

1. Preheat oven to 500°F.
2. Pat the meat until dry. Season chicken pieces with salt, pepper, garlic powder, and any additional spices you like.
3. Prepare 3 separate dipping pans: 1 for flour and seasonings; 1 for combined egg, can of evaporated milk, and seasonings; and 1 for cornflake crumbs and seasonings. Whisk together each separate pan's mixture.
4. Dredge each piece separately – first in flour mixture, shaking off excess; then egg/milk mixture, shaking off excess; then cornflake crumbs. You can repeat the egg/milk and crumb mixtures if you wish.
5. Place breaded pieces on a sheet pan covered with aluminum foil and topped with a metal cooling rack sprayed with nonstick cooking spray.
6. Put a pat of butter on each piece of meat and place it in the oven for 5 minutes. Reduce the heat to 350°F and bake until the meat is cooked through, about 30-35 minutes more, depending on the thickness of the pieces.

***Recipe also works well with pork chops

