

MAY

CRISPY BAKED CHICKEN



Total Meal Includes:
 ♦ 5 ounces Crispy Baked Chicken
 ½ cup Splendid Fruit Salad*
 1 cup steamed green beans
 1 cup nonfat milk

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

*For more recipes and shopping tips, please visit spendsmart.extension.ilstate.edu.

Cut along the dotted line for a recipe card.

CRISPY BAKED CHICKEN

Ingredients:

- 1 1/2 pounds boneless, skinless chicken†
- 2 cups cornflakes
- 1 teaspoon garlic powder
- 1/4 cup nonfat milk
- Optional:** Italian seasoning, dried basil, or dried oregano

† Larger chicken breasts will need to be cut into smaller pieces. Medium chicken thighs may or may not need to be cut into smaller pieces. Small chicken tenders will not need to be cut.

Instructions:

1. Preheat oven to 425°F. Cover a large baking sheet with foil and spray with nonstick cooking spray.
2. Cut chicken into four to eight pieces. The amount depends on the cut of chicken chosen.†
3. Put cornflakes and garlic powder (and any optional seasoning) into a large, sealable plastic bag or on a large plate. Crush cornflakes with hands or a rolling pin.
4. Pour milk into a small bowl.
5. Dip each chicken piece into milk and then roll in crushed cornflakes. Make sure each piece is coated on all sides.
6. Place coated chicken on the baking sheet. Bake for 20–25 minutes until thoroughly cooked.



Tip: Wash hands after handling raw meat.

♦ Updated classic recipe

SERVES: 4 | SERVING SIZE: 5 ounces | COST PER SERVING: \$1.29

Nutrition Facts

4 servings per recipe

Serving size

5 ounces

Amount per serving

Calories

260

% Daily Value*

Total Fat 7g

9%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 160mg

53%

Sodium 270mg

12%

Total Carbohydrate 13g

5%

Dietary Fiber 0g

0%

Total Sugars 2g

Added Sugars*

Protein 35g

Vitamin D 10mcg

Calcium 32mg

Iron 5mg

Potassium 466mg

10%

DO NOT FORGET TO STRETCH!

Flexibility prevents cramps, stiffness, and injuries. Warm up, stretch, and then be active.



* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. The nutrient content of this recipe was analyzed using Bowditch, Skillness Chicken Thighs. † Information not available.