

KICKED UP CORNFLAKE CHICKEN

Cornflakes, combined with panko bread crumbs, give the chicken fabulous crunch on the outside while the interior stays soft, juicy, and tender. You'd swear it was fried but it's baked and healthier. Use panko bread crumbs rather than regular so you get the wonderful crispy effect. It's easy, ready in under 30 minutes, easy cleanup, and is a perfect weeknight dinner and way to jazz up your usual chicken. The sauce is made with a combination of honey, soy sauce, and chili garlic sauce for heat and extra flavor. Look for chili garlic sauce in the Asian section of your regular grocery store.

Yield: serves 3 to 4 **Prep Time:** 10 minutes

Cook Time: about 20 to 25 minutes **Total Time:** about 30 to 35 minutes

- about 1.25 pounds boneless skinless chicken breasts cutlets (this was 9 pieces for me)
 - 1 teaspoon kosher salt, or to taste
 - 1 teaspoon freshly ground black pepper, or to taste
 - 1 teaspoon smoked paprika (regular paprika may be substituted)
 - 1/3 cup all-purpose flour
 - 2 large eggs, lightly beaten
 - 1 cup cornflakes, crushed
 - 1/3 cup panko bread crumbs
 - 1/4 cup honey
 - 2 to 3 tablespoons lite soy sauce
 - 1 heaping tablespoon chili garlic sauce , or to taste (sriracha may be substituted)
 - 1 tablespoon fresh parsley, to taste
1. Preheat oven to 425F, line a baking sheet with foil, spray with cooking spray; set aside.
 2. Evenly season the chicken with the salt, pepper, smoked paprika; set aside.
 3. To a medium bowl, add the flour. To a separate medium bowl, add the eggs and lightly beat. To a third medium/large bowl add the cornflakes (I crushed them in my fist), panko, and stir to combine.
 4. Dredge one piece of chicken through the flour, shaking off the excess. Dip in the egg and dredge through the cornflake-panko mixture. Press the mixture on fairly thick. Place chicken on prepared baking sheet and repeat with remaining pieces.
 5. Bake for about 20 to 25 minutes, or until crust is lightly golden and chicken is cooked through in the center, about 165F. Flip once midway through to ensure even cooking. Cooking time will depend on the thickness of chicken pieces, how much coating you pressed on, oven variances, etc. While chicken cooks, prepared the sauce.
 6. To a small bowl add the honey, soy sauce, chili garlic sauce, and whisk to combine. Taste sauce and make any necessary flavor adjustments if necessary.
 7. Remove chicken from the oven, evenly drizzle the sauce over chicken to taste, optionally garnish with parsley, and serve immediately. Chicken is best warm and fresh but extra will keep airtight in the fridge for up to 5 days, noting it will lose its crispiness as time passes.