

TASTES-LIKE-FRIED CORN FLAKE SCHNITZEL This is a baked schnitzel that's a healthier alternative to the classic fried favorite. What's our trick for getting it to taste crispy, and just-like-fried chicken? (Seriously — kids will not be able to tell the difference.) Use corn flakes cereal, not corn flake crumbs, for that perfect crunch!

INGREDIENTS

- 1½ lb skinless, boneless chicken breasts, thinly sliced
- 1 egg
- 2 Tbsp mayonnaise
- 1 Tbsp sweet chili sauce
- 1 Tbsp soy sauce
- 2 Tbsp oil
- 4 cups corn flakes

DIRECTIONS

- 1 In a bowl, combine chicken, egg, mayonnaise, sweet chili sauce, and soy sauce. Marinate for at least 20 minutes or up to overnight in the refrigerator.
- 2 Preheat oven to 425°F. Line a baking sheet with parchment paper; brush with oil.
- 3 Crush corn flakes very well with your hands until they reduce from 4 cups to 1½ cups. Add crushed corn flakes to a shallow dish.
- 4 Remove chicken from marinade; coat in crumbs. Place on prepared baking sheet.
- 5 Spray tops of schnitzel very well with non-stick cooking spray or brush with additional oil. Bake for 15-20 minutes, until crispy (time will depend on the thickness of the chicken).

YIELD

4-6 servings

Tastes-like-fried
CORN FLAKE SCHNITZEL

CHICKEN

*We serve this with
sweet chili sauce
and the Lemon
Garlic Dressing on
page 307.*

