Smoking Cornflake Tenders

Description

I was hungry...

Summary

Yield: 1
Source: Will (Alex) Martinez
Prep Time: 15 minutes

Ingredients

- 2 chicken breasts, boneless and skinless
- 1 1/2 cup cornflakes crumbs
- 1 tbsp smoked paprika (taste vaires by brand)
- 2 egg whites

Instructions

Preheat oven to 375° F.

Wash and dry the chicken. Cut the chicken into diagonal strips.

Fill a bowl with cornflakes crumbs and paprika, fill another with egg whites, slightly beaten.

Dip the chicken into the egg whites, then dredge in the crumb mixture to cover.

Place each strip on a pan. Cook for 6 minutes, flip the tenders and return to the oven for another 6 minutes.

Enjoy with buffalo sauce or ketchup.

Smoking Cornflake Tenders