

Chicken Tenders



2 cups buttermilk, reduced fat
2 cups corn flakes, crushed
1 lb. chicken breast, boneless, skinless
2 tsp paprika
salt and pepper to taste
optional: 1/8 tsp cayenne pepper
optional: 1/8 tsp dried basil

Cut chicken into strips. Soak chicken strips in buttermilk for 1 hour or overnight.

Preheat oven to 425 degrees F. Mix the crushed corn flakes and spices together in a gallon-sized plastic bag. Add two chicken strips at a time to the bag and shake until well coated. Place coated chicken on a baking sheet and bake for 45-60 minutes until browned. Serve with your favorite dipping sauce. Makes 5 servings.

Nutrition information per serving: 242 calories, 34 grams protein, 5 grams fat, 14 grams carbohydrate, 232 mg sodium.