



recipe box

CRUNCHY HONEY COATED CHICKEN STRIPS

Tools & Utensils

- Medium size mixing bowl; shallow bowl or pie plate; baking sheet.; tongs

Ingredients

- 1 lb. skinless, boneless chicken breasts, cut into ½ inch strips; ¼ cup honey, slightly warmed; 1/4/ cup water; 1 cup crushed corn flakes

Directions

1. Lightly grease baking sheet and preheat oven to 425 degrees.
 2. In a medium bowl combine honey and water and whisk until mixed.
 3. Place corn flakes in a pie plate or shallow bowl.
 4. Dip chicken strips into honey mixture, then coat with corn flake crumbs.
 5. Place coated chicken strips on greased baking sheet and bake at 425 degrees for 10 minutes, turning chicken over at half way point.
 6. When chicken strips are cooked at center, remove from oven.
 7. Serve and enjoy!
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