

Ashley's Meal Prep ~~Monday!~~

CARTWRIGHT'S
MARKET

Cornflake Chicken

Tuesday!

INGREDIENTS

- 5 boneless, skinless chicken breasts
- 3 cups cornflakes
- 2 TSP Italian seasoning
- 1 TSP garlic salt
- salt/pepper to taste
- 2 large eggs, beaten

- Crush up the cornflakes in a food processor, blender, or with a plastic bag and rolling pin. Crush them to crumbs but still have some small flakes.
- Mix cornflakes with the spices. In another bowl, beat the eggs.
- Dip each chicken breast in the beaten eggs and then press into the cornflake mixture. Flip and press again. If you didn't get full coverage, keep pressing and flipping.
- Place the chicken on a baking sheet or in a 9x13 inch baking pan and bake for 25-30 minutes. Cooking time will depend on the size and thickness of the chicken breasts.

