

## Faux-fried Chicken

### Ingredients:

1 lb. chicken tenders or boneless, skinless chicken breast, cut into thin strips  
3 Tbsp. Dijon mustard  
2 1/2 c cornflakes  
2 tsp. minced fresh sage  
1 tsp. minced fresh thyme  
Salt and Pepper  
BBQ or honey-mustard sauce (optional)

### Directions:

**1.** Preheat oven to 400°F. Line a baking sheet with parchment paper and spray with nonstick cooking spray. Using a pastry brush, coat each piece of chicken with Dijon mustard. **2.** In a food processor or blender, combine the cornflakes, sage, thyme, and salt and pepper to taste. Pulse to a coarse meal and transfer to a shallow dish. **3.** Dredge each chicken strip in the cornflake mixture until evenly coated. **4.** Place on baking sheet and bake until cooked through, 8 to 10 minutes.

Serve with dipping sauce, if desired.

## Faux-fried Chicken

### Ingredients:

1 lb. chicken tenders or boneless, skinless chicken breast, cut into thin strips  
3 Tbsp. Dijon mustard  
2 1/2 c cornflakes  
2 tsp. minced fresh sage  
1 tsp. minced fresh thyme  
Salt and Pepper  
BBQ or honey-mustard sauce (optional)

### Directions:

**1.** Preheat oven to 400°F. Line a baking sheet with parchment paper and spray with nonstick cooking spray. Using a pastry brush, coat each piece of chicken with Dijon mustard. **2.** In a food processor or blender, combine the cornflakes, sage, thyme, and salt and pepper to taste. Pulse to a coarse meal and transfer to a shallow dish. **3.** Dredge each chicken strip in the cornflake mixture until evenly coated. **4.** Place on baking sheet and bake until cooked through, 8 to 10 minutes.

Serve with dipping sauce, if desired.



**Community**  
Health Network

# Journey to Health



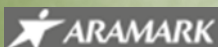
Let us *inspire* you

[www.ecommunity.com/healthpromotion](http://www.ecommunity.com/healthpromotion)



**Community**  
Health Network

# Journey to Health



Let us *inspire* you

[www.ecommunity.com/healthpromotion](http://www.ecommunity.com/healthpromotion)