



Jr. Chef Club II
Cooking for a Healthy Heart
Lesson 7

Oven-Baked Chicken Toes

Makes enough for 25–30 to have a small sample.

Ingredients:

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|---------------------------------|---------------------------|
| 3 pounds chicken breast tenders | 2 teaspoon salt |
| 2 cup cornflakes cereal | 1 teaspoon black pepper |
| 2 cup whole-wheat bread crumbs | 1 teaspoon allspice |
| ¼ cup brown sugar | 6 tablespoons oil |
| | 2/3 cup all-purpose flour |
| | 4 eggs |

Directions:

1. Pre-heat oven to 375°.
2. Pour corn flakes into a pie pan or large shallow dish and crush up with your hands. Mix in bread crumbs, brown sugar, salt, pepper, and allspice.
3. Drizzle oil evenly over the breading mixture and stir.
4. Put flour and beaten eggs in separate bowls. Dip the chicken in the flour, then the eggs, and then the special breading.
5. Arrange chicken on a nonstick baking sheet.
6. Place chicken in oven and cook for about 15 minutes, until crisp and brown.