



## Corn Flake Chicken

This is a recent favorite of ours that gets rave reviews from family and friends alike. I typically call it Corn Flake Chicken when its official name is Southern Style Oven Fried Chicken. It is easy and delicious and is also a Weight Watchers recipe.

### Ingredients:

3 sprays cooking spray  
1 lb. boneless skinless chicken breasts, four 4-oz pieces  
1/2 tsp table salt, divided, or to taste  
1/2 tsp cayenne pepper, divided, or to taste  
1/3-cup(s) all-purpose flour  
3-4 oz buttermilk  
1-2 cup(s) cornflake crumbs

### Instructions:

Preheat oven to 375°F. Lightly coat a 13- X 8- X 2-inch baking dish with cooking spray; set aside.

Season chicken with salt and cayenne pepper to taste; set aside.

Combine flour, 1/4-teaspoon salt and 1/8-teaspoon cayenne pepper together in a medium-size bowl. Place buttermilk and cornflakes crumbs in 2 separate shallow bowls.

Dredge chicken in flour mixture and evenly coat both sides. Next, dip chicken into buttermilk and turn to coat both sides. Last, dredge chicken in cornflake crumbs and turn to coat both sides.

Place coated chicken breasts in prepared baking dish. Bake until chicken reaches 165 degrees on a meat thermometer, about 25 to 30 minutes (there is no need to flip the chicken during baking). Yields 1 chicken breast per serving.