



CEREAL COATED BAKED CHICKEN TENDERS

March 7

National Cereal Day

INGREDIENTS

- 1 Pound Chicken, Boneless, fresh or frozen, tenderloins, (boneless chicken breast pieces without skin)
- 4 Cups Cereal, Ready-to-Eat: Flakes or Rounds*
- ½ Cup Coconut Flakes (sweetened, finely chopped)
- 1 Teaspoon Kosher Salt
- ¼ Teaspoon Black Pepper
- 1 Teaspoon Lime Zest
- 2 Large Eggs
- 2 Tablespoons Coconut Milk or Water
- 1 Teaspoon Lime Juice
- 1 Cup All-Purpose Flour

*All cereals should have 6 grams or less of sugar per dry ounce

DIRECTIONS

1. Preheat oven to 425°. Line a large baking pan with foil or parchment paper. Place a wire cooling rack on top, spray with nonstick cooking spray, or lightly coat with oil.
2. Heat coconut flakes in a large pan over medium heat. Lightly brown, stirring continuously for about 2 to 3 minutes, or until toasted and no longer sticky on the surface. Transfer to a bowl.
3. Place 4 cups of cereal in a large resealable plastic bag. Remove air and seal. Use a rolling pin to crush into smaller pieces. It's good to have a mix of crumb sizes.
4. Combine in a medium-sized bowl the coating ingredients; 2½ cups of crushed cereal, ½ cup of toasted coconut, 1 teaspoon salt, ¼ teaspoon pepper, and 1 teaspoon lime zest.
5. In a separate medium-sized bowl whisk together the batter; 2 eggs, 2 tablespoons coconut milk, and 1 teaspoon lime juice. Add 1 cup of flour in a separate medium-sized bowl.
6. Divide the tenderloins into 8 even pieces Use left hand to place chicken in the flour, coat well and shake off excess. Use the same hand to dip into the egg batter, fully coating the chicken. Place in the coating bowl. Use your right hand to coat and firmly press the breadcrumbs into the chicken, turning over as needed.
7. Gently shake off any excess crumbs and place the breaded chicken on the baking rack. Repeat with other pieces. If any excess coating falls on the baking sheet after breading, lift up the baking rack and discard the crumbs, so they do not burn if left in the baking pan.
8. Bake chicken on the center rack of the oven for 10 minutes. Remove from the oven and use your fingers to flip gently, it's warm to the touch but not hot. Tongs may cause the coating to flake off.
9. Bake for another 3 to 5 minutes, or until golden brown, crunchy and the meat reaches at least 165-170°F internal temperature. Allow it to cool 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Tenders

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|----------|------------|------------|-----------|
| 1 Tender | 1½ Tenders | 2 Tenders | 2 Tenders |