



**RELAX! ... IT'S JUST DINNER.**



## **Honey-baked Chicken Fingers**

**Serves:** 4

**Cook Time:** 30 minutes

### ***Shopping list:***

- 2 Egg Whites
- 1 Tbsp Honey
- 2 Cups Cornflake Crumbs
- 1 lb. Chicken Tenders or Chicken Breasts cut into strips

### ***Recipe:***

1. Preheat the oven to 450 Degrees.
2. Beat egg whites in a small bowl. Add the honey and beat with a whisk.
3. Pour cornflake crumbs onto a plate.
4. Dip Chicken strips into the egg white mixture, then into the crumbs to coat.
5. Place strips in a single layer on an ungreased baking sheet (I always line my sheets with foil to make clean-up easier).
6. Bake for 12 minutes, or until cooked through