



# CRUNCHY CORNMEAL CHICKEN

**SERVING SIZE:** 1 Chicken Breast  
**SERVINGS:** 1 large or 2 small  
**PREPARATION TIME:** 5-10 minutes  
**COOK TIME:** 1 hour

## INGREDIENTS:

- 1 Chicken breast
- 1 Egg
- ¼ cup milk
- ½ cup cornmeal
- 1 tsp garlic powder
- 1 tsp salt free seasoning
- 1 tsp onion powder

## DIRECTIONS:

1. Preheat oven to 400° F.
2. Crack egg into bowl with milk and mix.
3. Measure cornmeal into separate bowl and mix with seasonings.
4. Dip chicken into egg mixture, then into cornmeal mixture and repeat.
5. Place chicken breast on baking sheet.
6. Place in oven and set timer for 50 minutes.
7. Remove chicken from oven and test center with sharp knife to assure no pink color remains.
8. Return pan to oven if needed, or serve.

## RECIPE TIPS:

- Try ground (Cayenne) red pepper, cumin, Italian seasoning, etc. for a spicier blend.
- Pour our Black Bean Salsa on top for a tasty entrée.
- This recipe makes one large serving but can easily serve two people.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>459</b>
<b>Total fat</b>	9.8g
Saturated fat	3.1g
<b>Cholesterol</b>	165mg
<b>Sodium</b>	538mg
<b>Total Carbohydrate</b>	56g
Fiber	9.6g
Sugar	3.8g
Includes 0g of Added Sugars	
<b>Protein</b>	40.3g
<b>Phosphorus</b>	548.7mg
<b>Potassium</b>	698.3mg

## EQUIPMENT NEEDED:

- Oven
- Two Bowls
- Baking Sheet or dish
- Sharp knife

Recipe submitted by Mount Mary University Dietetics Department  
Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)