



Category (Main Dishes)

Lighter Fried Chicken

Submitted by (Debbie Webb)

<p><u>Recipe</u></p> <p>8 Skinless, boneless chicken thighs 1/4 tsp salt 1/8 tsp pepper 1/8 tsp garlic powder 1/4 cup light mayo 1 egg white 1/2 tsp hot sauce Zest and juice of 1 lemon 1 1/4 cups cornflake crumbs</p> <p>Preheat oven to 375 degrees. Spray cookie sheet with non-stick spray. You may want to use foil. Combine salt, pepper, and garlic powder and sprinkle on the chicken. In a large bowl combine the mayo, egg white, hot sauce and zest and juice of lemon. Add the chicken and toss to coat. Place cornflake crumbs on wax paper. Dip the chicken into the crumbs pressing so the crumbs adhere. Place the chicken on the cookie sheet and lightly spray chicken with olive oil or non-stick spray. (Debbie uses the olive oil). Bake 40-45 minutes. Do not turn.</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>