

## **CRUNCHY OVEN-BAKED CHICKEN TOES!**

(adapted from *Cooking Rocks! Rachael Ray 30-Minute Meals for Kids*)

*The Cooks Next Door*

1 c. corn flakes cereal, any brand

1 c. plain bread crumbs

2 Tb. brown sugar

1 tsp. salt

1/2 tsp. black pepper

1/2 tsp. allspice

3 Tb. oil

1/3 c. flour

2 eggs, beaten

1 1/2 lb. chicken breast tenders (you can cut these into 2 inch pieces but we left them as whole tenders)

1/4 c. honey mustard (I make mine with mayo, honey, and dijon)

1/4 c. barbecue sauce

Make the breading: Pour the corn flakes into a pie pan or shallow dish. Crush the cereal up with your hands. Mix in bread crumbs, brown sugar, salt, pepper, and allspice.

Drizzle the vegetable oil evenly over the breading. Toss and turn it to mix the oil all through the bread crumbs and crushed-up corn flakes.

Pour the flour into another shallow dish, and the beaten eggs into a third dish. Coat the chicken in flour, then eggs, and then in the special crunchy breading. Arrange the chicken on a baking sheet coated with nonstick spray. Place the chicken in the oven and cook until crisp and brown all over, about 20 minutes (until juices run clear).

Mix together the honey mustard and barbecue sauce in a small bowl. Enjoy with your chicken toes!