

Crunchy Chicken Bake



Hands-On Prep 15 MIN

Cook 40 MIN

Serves 4

1 Preheat the oven to 400°F. Spray a baking sheet with nonstick spray.

2 Combine the cornflake crumbs, flour, paprika, brown sugar, garlic powder, onion powder, salt, and coriander in a large zip-close plastic bag. Spray the chicken lightly with nonstick spray and place 1 piece in the bag. Shake the bag to coat the chicken evenly; then transfer the chicken to the baking sheet. Repeat with the remaining pieces of chicken, and discard any of the remaining crumb mixture.

3 Bake until the chicken is golden and cooked through, 40–45 minutes.

$\frac{2}{3}$ cup cornflake crumbs
1 tablespoon all-purpose flour
2 teaspoons paprika
1 teaspoon packed brown sugar
 $\frac{3}{4}$ teaspoon garlic powder
 $\frac{3}{4}$ teaspoon onion powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground coriander
4 ($\frac{1}{2}$ -pound) skinless bone-in chicken-breast halves

PER SERVING (1 piece of chicken): 244 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 89 mg Chol, 597 mg Sod, 11 g Carb, 1 g Fib, 36 g Prot, 28 mg Calc. **POINTS** value: 5.

Good Idea Enjoy the chicken hot or cold with a mixed-green salad tossed with your favorite bottled reduced-calorie creamy dressing; $1\frac{1}{2}$ cups greens tossed with 1 tablespoon dressing will increase the per-serving **POINTS** value by 1.