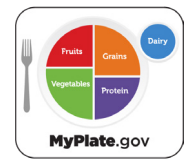
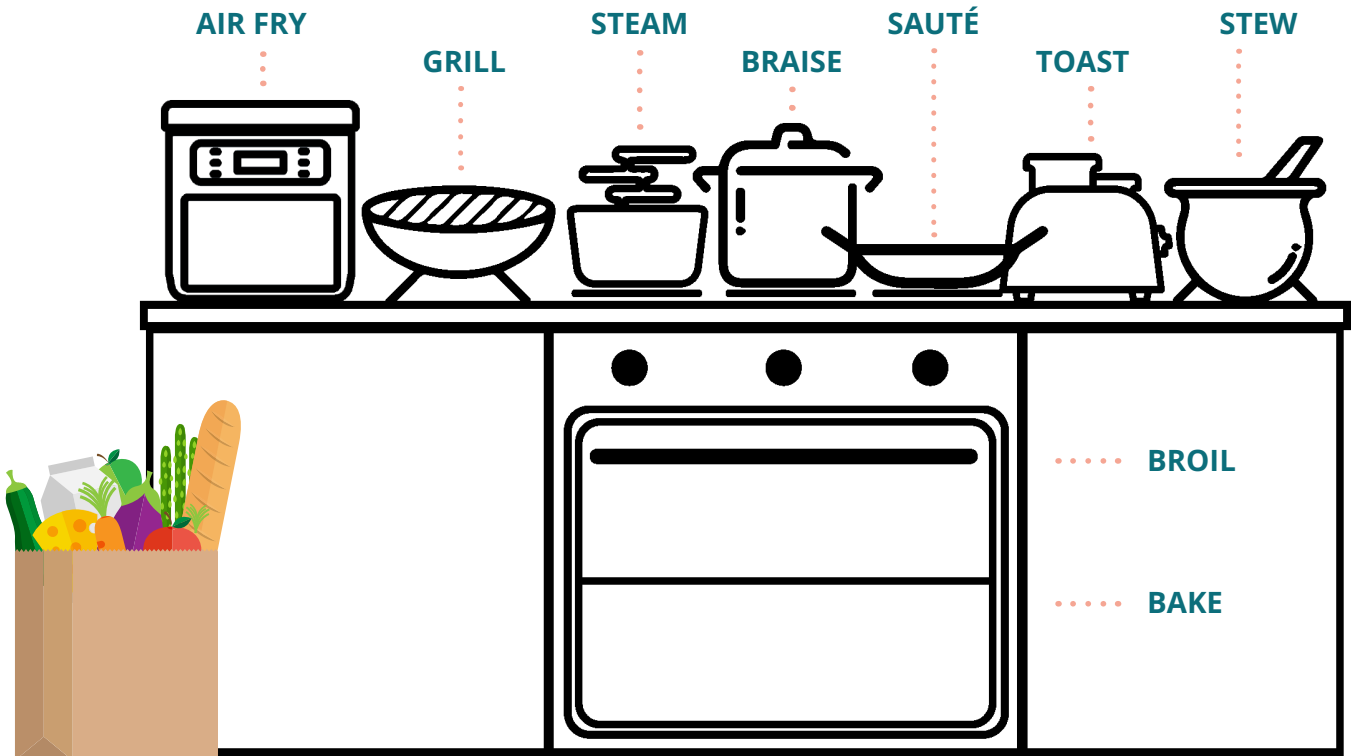


Healthy Cooking Methods



Experiment with new cooking methods that you may not be used to. Try chicken: baked, roasted, stir fried, and grilled. Pay attention to what method the children like the best. It might even be that they find a new favorite dish when prepared a different way. Remember in your cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the MyPlate food groups: protein foods, fruits, vegetables, grain and dairy.

Healthy cooking methods include:



Blend it up!

Effortlessly include nutritious foods in your meals or snacks with the help of blenders! Use this healthy cooking tool to create smoothies,



gazpacho, hot soups, and purees, providing speedy solutions for any eating occasion.

No blender? Try an immersion blender instead to develop your delicious foods.

Ingredients

Chicken breast, boneless, skinless
Cornflake cereal
Whole wheat flour
Salt & Pepper
Egg(s)
Nonfat milk

Directions

1. Preheat oven to 375° F.
2. Trim any excess fat from chicken breasts and cut into even strips.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt and pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork until combined.
6. Dip each chicken strip into flour, then in the egg mixture, then in the cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until internal temperature reaches 165° F, about 20-25 minutes.



Flakey Baked Chicken Strips

Serve with steamed green beans, red apples and a slice of cornbread for a colorful plate. Don't forget the glass of milk