

YIELD: 2 POUNDS

# Baked Breaded Chicken Strips

Make a batch of baked breaded chicken strips for the freezer for easy freezer meals.

PREP TIME	COOK TIME	TOTAL TIME
25 minutes	25 minutes	50 minutes

## Ingredients

- 1 1/2 cups all-purpose flour
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 4 large eggs
- 4 cups cornflakes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 pounds chicken tenders
- cooking spray, for pan

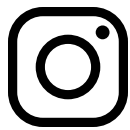
## Instructions

1. Line 3 shallow pans side-by-side. In the first pan, add the flour, salt and pepper. Whisk together well. In the second pan, beat the eggs. In the third pan, add the cornflakes, garlic powder and onion powder.
2. Using your hands, crush the cornflakes a bit, just so they're broken up into slightly smaller pieces.
3. Next, dredge each chicken tender in the flour, followed by the egg, and followed by the cornflakes.
4. Place each breaded chicken finger on a baking sheet lined with parchment paper. (Make sure this baking sheet fits in your freezer!)
5. Freeze the chicken strips for at least 6 hours until very firm. Then, move the chicken fingers to a plastic bag for long term storage.
6. To cook the chicken fingers, preheat the oven to 475 degrees F.
7. Spray a wire rack with cooking spray. Arrange the frozen chicken fingers on the rack evenly spaced, and bake for 25 minutes. Flip the chicken fingers half way through for even crispiness.



**Nutrition Information: YIELD: 6 SERVING SIZE: 3**

*Amount Per Serving:* CALORIES: 689 TOTAL FAT: 29g SATURATED FAT: 6g  
TRANS FAT: 0g UNSATURATED FAT: 20g CHOLESTEROL: 194mg SODIUM: 2099mg  
CARBOHYDRATES: 70g FIBER: 3g SUGAR: 2g PROTEIN: 38g

**Did you make this recipe?**

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**CUISINE:** American / **CATEGORY:** Meat / Seafood

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