



Baked “PopCorners®” Chicken

🍴 Makes 6 servings ⌚ Cook time: 20 minutes

Ingredients

- Cooking spray
- 1 cup cornstarch
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ¼ tsp. paprika
- 1 ½ lbs. boneless skinless chicken breasts, cut into bite-sized pieces
- 2 large eggs
- ¼ cup 2% milk
- 3 oz. PopCorners® Sea Salt Popped-Corn Snack, coarsely crushed (about 63 crisps)

Instructions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or coat with cooking spray.
2. Place cornstarch, salt, pepper, garlic powder, and paprika in a large zip-top bag; seal and shake to combine. Open bag and add chicken pieces; seal and shake to coat chicken. Set aside.
3. Whisk together eggs and milk in a small bowl. Place crushed PopCorners® Sea Salt Popped-Corn Snack in a separate small bowl.
4. Remove coated chicken from cornstarch mixture in bag (discard any remaining cornstarch mixture). Dip each chicken piece into egg mixture, then into crushed snacks, gently pressing crumb mixture onto chicken (discard any remaining egg mixture and crushed snacks). Arrange chicken pieces on prepared baking sheet.
5. Cook in preheated oven for 10 minutes. Turn chicken pieces over, and cook until done, 5 to 8 minutes.

Nutrition Info: Calories: 310 | Total Fat: 6g | Saturated Fat: 1.5g | Cholesterol: 145mg | Sodium: 380mg
Total Carbohydrates: 31g | Dietary Fiber: 1g | Sugars: 1g | Added Sugar: 0g | Protein: 29g