

Crispy Garlic Honey Chicken

Ingredients:

- 1 1/2 lbs chicken
- 4 cups cornflakes
- 1/4 cup grated parmesan cheese
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 cup honey
- 4 cloves of minced garlic
- 3-4 sprigs fresh thyme
- 2 eggs, well beaten

Directions

1. Preheat the oven to 425°. Line a baking sheet with parchment paper.
2. In a large ziplock bag, combine the cornflakes, parmesan, paprika, onion powder, garlic powder, and a pinch of salt. Using a rolling pin, or metal measuring cup, crush the cornflakes (this is a great step for kids to help with!)
3. Beat the eggs in a bowl. Dredge the chicken in the eggs and then place in the ziplock bag and cover with crumbs. Place on baking sheet. Spray generously with olive oil. Bake for 15 minutes.
4. Place minced garlic and 1 TBS of olive oil in a glass measuring cup or microwave safe bowl and cook for 30 seconds in the microwave. Remove, and mix with honey. Pour honey mixture over chicken breast and put back in the oven for 5 minutes.
5. Remove and sprinkle with fresh thyme and sea salt.
6. Enjoy the crunch!

MADE WITH LOVE

by Teresa Forehand