

Baked “PopCorners®” Chicken

Family-friendly and easy to make, these “popper” style chicken bites featuring PopCorners® Sea Salt Popped-Corn Snack are so fun to eat. Enjoy with your favorite sauce for dipping!



Servings: 6



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, & paprika in large zip-top bag; seal & shake to combine. Open bag & add chicken pieces; seal and shake to coat chicken. Set aside.
3. Whisk together eggs & milk in a small bowl. Place crushed PopCorners® Sea Salt Popped-Corn Snack in separate 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 per serving

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



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