

Cornflake Chicken

4 Boneless, skinless chicken breasts

1 egg

3 tbsp milk

Onion powder

Garlic powder

½ cup each – cornflake crumbs, flour, and parmesan cheese

1 tsp Italian seasoning (or ¼ tsp each: basil, oregano, thyme, and marjoram.)

¼ tsp pepper

¼ tsp coriander

3-6 tbsp. butter

3-6 tbsp. oil (vegetable, grape seed, etc)

Slice the chicken breasts in half – lengthwise. If necessary, pound with mallet between 2 sheets of plastic wrap to flatten more. (the chicken cooks faster the thinner it is).

Salt both sides of chicken pieces.

Mix egg, milk, onion and garlic powder in small bowl.

Mix cornflake mixture in shallow container or pie plate.

Dip chicken in egg mixture, and then in cornflake mixture. Press cornflakes into the chicken.

Heat 3 tbsp. each of butter and oil in frying pan. When it's hot, add the chicken. Cook till golden brown on each side. Add more butter and oil as needed.

If desired, top with mozzarella or pepper jack cheese till melted.