

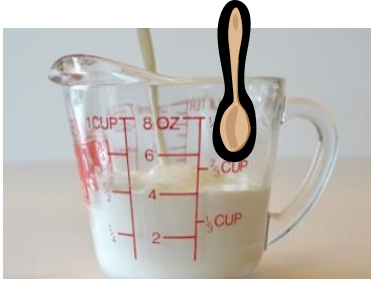

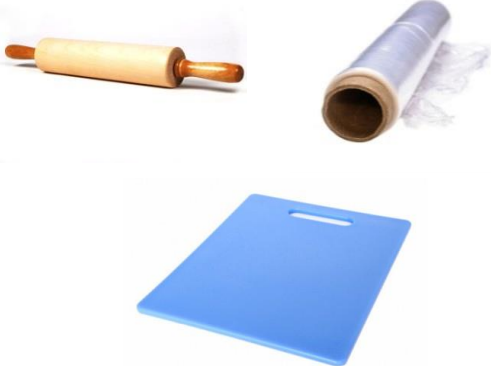












CRISPY CHICKEN TENDERS (Page 1)

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
<p>1</p>	 <p>1/4 cup</p>  <p>1 Tablespoon</p>	 <p>STIR LEMON JUICE INTO MILK.</p>
<p>2</p>	 <p>3 chicken tenders</p> 	 <p>PLACE CHICKEN BETWEEN 2 PIECES OF PLASTIC WRAP.</p>  <p>FLATTEN CHICKEN WITH ROLLING PIN.</p>

CRISPY CHICKEN TENDERS (Page 2)

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
<p style="font-size: 2em; text-align: center;">3</p>	<p>CHILI PEPPER</p>  <p style="text-align: right;">1/2 TEASPOON</p> <p>GARLIC POWDER</p>  <p style="text-align: right;">1/2 TEASPOON</p> <p>SALT</p>  <p style="text-align: right;">1/2 TEASPOON</p> 	 <p style="text-align: center;">MIX CHILI, GARLIC AND SALT INTO BAG.</p>
<p style="font-size: 2em; text-align: center;">4</p>	 <p style="text-align: right;">2 CUPS</p>  <p style="text-align: center;">SPICES MIXED IN BAG</p>	 <p style="text-align: center;">CRUSH CORNFLAKES IN A BAG WITH YOUR HANDS.</p>

CRISPY CHICKEN TENDERS (Page 3)

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
5		 <p>DIP CHICKEN IN MILK.</p>  <p>DIP CHICKEN IN CORNFLAKES.</p>
6		<p>PLACE CHICKEN ON GREASED COOKIE SHEET.</p> 
7		<p>BAKE IN 450 DEGREE OVEN</p>  <p>FOR 10 MINUTES.</p> 

Nutrition Facts

1 servings per container

Serving size 3 tenders

Amount per serving

Calories 360

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 1890mg 82%

Total Carbohydrate 60g 22%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 3mcg 15%

Calcium 94mg 8%

Iron 17mg 90%

Potassium 350mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.