

Cooking spray



Corn flake

1 cup crushed corn flake cereal (about 2 1/2 cups flakes)



Cider vinegar



1 tablespoon cider vinegar

Chicken breasts

1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 28 strips



Buttermilk

1/4 cup low-fat buttermilk



Barbecue sauce

1 teaspoon Worcestershire sauce (lowest sodium available)



Honey

1 tablespoon honey



Wheat flour

2 tablespoons whole-wheat flour or all-purpose flour



Red hot-pepper sauce

1 teaspoon red hot-pepper sauce



Salt

1/4 teaspoon salt-free seasoned pepper blend



Boneless Barbecue

Ingredients



Directions

Boneless Barbecue





Amount per serving
280 Calories

Boneless Barbecue



Preheat the oven to 350°F
Lightly spray a baking sheet
with cooking spray.

Directions



Diabetes
360°



Boneless Barbecue



Stir together the flour and seasoned pepper blend.
In a second shallow dish, whisk together
the buttermilk and hot-pepper sauce.
Put the corn flake crumbs in a third shallow dish.

Directions



Boneless Barbecue



dip the chicken in the flour mixture, then in the buttermilk mixture, and finally in the corn flake mixture, turning to coat at each step

Directions





Amount per serving
280 Calories

Boneless Barbecue



Arrange the chicken in a single layer on the baking sheet. Lightly spray the top of the chicken with cooking spray.

Directions



Diabetes
360°



Amount per serving
280 Calories

Boneless Barbecue



Bake for 25 minutes, or until the chicken is no longer pink in the center and the coating is crisp.

Directions



Diabetes
360°

Boneless Barbecue



In a medium bowl,
whisk together the barbecue sauce,
vinegar and honey.

Directions



Diabetes
360°



Boneless Barbecue

Add the chicken to the sauce,
stirring gently to coat,
or serve the sauce on the side.

Directions

