

# SUPER CRUNCH HONEY DRIZZLED CHICKEN



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**Yield: 10.7 (3 oz serving)**

## INGREDIENTS

- 2 cups low fat buttermilk
- 1 tsp salt
- 2 tbsp hot red pepper sauce
- ½ c crushed cornflakes
- ½ cup corn meal
- ½ cup all purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground black pepper
- 1/2 cup honey
- 1 tbsp crushed red pepper flakes
- 20 oz skinless, boneless chicken breasts or strips

## INSTRUCTIONS:

1. Whisk together the buttermilk, hot pepper sauce, 1 teaspoon salt, 1 teaspoon black pepper, onion powder, and garlic powder in a bowl; pour into a resealable plastic bag. Add the chicken wings, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 12 to 24 hours.
2. Preheat an oven to 400 degrees F. Grease two baking sheets with nonstick cooking spray.
3. Combine the crushed cornflakes, flour, cornmeal, and salt and pepper to taste in a bowl. Remove the chicken wings from the marinade, and squeeze off excess. Discard the remaining marinade. Press the wings into the cornflake mixture and place onto the prepared baking sheets. Spray the top of the wings with nonstick cooking spray.
4. Bake in the preheated oven until the meat is no longer pink and is pulled easily from the bone, 30 to 40 minutes. While the chicken is cooking, stir together the honey and red pepper flakes in a small saucepan over medium heat until the honey thins. Keep warm until.

## NUTRITIONAL INFORMATION

Servings	Calories	Fat	Protein	Carbohydrates	Sodium
3 oz.	288	2g	22g	31.7g	389mg