



Healthy Recipe

BONELESS HOT WING BITES

4	4-oz.	Chicken breasts, boneless, skinless	2	Tbsp.	Hot pepper sauce
1	cup	Cornflake crumbs	1	tsp.	Olive oil
1	Tbsp.	Lemon juice			

In a large shallow bowl, stir together the hot pepper sauce, lemon juice and olive oil. Add chicken and turn to coat. Cover and refrigerate for 30 minutes to 2 hours.

Pre-heat oven to 375 degrees. Place cornflake crumbs on a plate. Dredge chicken to cover both sides and place in baking pan. Bake for 30 minutes until chicken is no longer pink and coating is crisp.

Yield: 4 servings

Nutrition information per 3 oz. serving

220 calories, 4 gm fat, 69 mg cholesterol, 250 mg sodium, 16 gm carbohydrate

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