BAKED CHICKEN STRIPS

1 1/2 lbs. chicken breast tenderloin or cutlets
1 can bran flakes cereal
3/4 C. corn flakes cereal
2 large egg whites
1/4 C. flour
1/4 tsp. cayenne pepper*
1/4 tsp. sea salt
Cooking spray

Cut chicken tenderloins/cutlets into thin strips, about 1" wide if needed.
Blend bran flakes and corn flakes in blender or food processor. Mix crumbs and seasonings well. Dip chicken pieces into egg mixture, and then dredge in crumb mixture. For crunchier texture, brown in pan on each side for 1 minute in 1 teaspoon oil. Place on baking sheet sprayed with cooking spray. Bake at 350° F. for 10 to 15 minutes or until internal temperature reaches 165°. Should be crispy on the outside and lightly browned.
*Try garlic powder, Italian seasoning, or chili powder for different flavors.

NUTRITION FACTS: Serving size: 4 oz per serving, 6 servings