

vnast's captain crunch chicken bites

whatcha need:

- captain crunch cereal (the kind without the crunchberries), you'll use about 6 cups depending how many bites you make
- 1½ - 2 lbs boneless skinless chicken breast cut into chunks
- about 2 cups flour
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- 2 eggs (may need more depending on amount making)
- ½ cup skim milk (may need more depending on amount making)
- toothpicks or mini-skewers for dipping/serving

for the dipping sauce: *feel free to substitute your favorite store-bought honey mustard dressing/dip and skip this step!

- ½ cup dijon mustard
- ½ cup honey
- 2 tablespoons low fat mayonnaise
- 1 tablespoon lemon juice
- pinch of salt and pepper

*adjust depending on amount of chicken bites, just keeping the ratios the same
(you can also add a smidge of hot sauce to the sauce for extra heat!)

whatcha do:

1. preheat oven to 450°, spray a (or 2) nonstick cooking sheets with nonstick cooking spray
2. cut chicken into chunks the size you want for skewers, a little bigger than bite size
3. finely crush, like REALLY crush, about 5-6 cups of captain crunch cereal in either a gallon size ziploc baggie or in a large mixing bowl (this is fun, take out the stress of your day on the cereal! 😊)
4. set up your dredging station. you need 3 bowls if you didn't use one for crushing the cereal, or else you need 2 additional bowls
 - bowl 1: combine the flour, salt, pepper, garlic powder, and paprika
 - bowl 2: beat eggs into skim milk
 - bowl 3: finely crushed cereal
5. take each chicken bite (you can do more than one at a time if you want, just make sure they each get totally covered in each bowl) and completely coat with flour mixture, then transfer to egg/milk mixture and coat, then roll in the bowl and completely cover with cereal crumbs. place each completed chicken bite on the sprayed cooking sheet with a little breathing room between each bite.
6. bake for 12-15 mins or until the cereal coating is just beginning to turn a light brown on the edges, you will inevitably have to cut open the largest chicken bite, right down the middle to ensure the chicken is cooked all the way through...you don't want the chicken to be raw. in order to crisp the crust evenly you can turn them halfway through the cooking time.
*if you're making 2 baking/cooking sheets worth of bites, check them halfway through the cooking time, rotate them all, and switch the pan heights (exchange the pan on the higher rack with the pan on the lower rack, and bring the back of both pans to the front)
7. prepare the honey mustard dipping sauce in the meantime (it can last in the fridge for up to a week)
8. allow the bites to cool and skewer and plate to serve with dipping sauce