

Chicken and Waffles

Prep 30M | Cook 35M | Enjoy in 1H 5M

Great for breakfast or dinner, this chicken and waffles recipe uses a hint of honey in the waffles and yogurt and cornflakes in the baked chicken to keep preparation easy and healthy. [This recipe is part of our February meal plan.](#)

INGREDIENTS

Chicken

- 4 boneless skinless chicken breasts
- ½ cup whole wheat flour
- ½ tsp salt
- 1 tsp black pepper
- 1 large egg
- ½ cup plain low-fat Greek yogurt
- 2 cups corn or bran flakes
- 2 tbsp canola oil, divided

Waffles *(makes 4 medium waffles)*

- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- Dash of salt
- 1 cup milk
- 1 tsp vanilla
- 2 large eggs
- 2 tsp honey
- Drizzle of canola oil

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DIRECTIONS

1. Preheat oven to 425°F.
 2. Place chicken breasts in plastic bags or between pieces of Saran Wrap. Lightly pound the chicken with the flat side of a meat mallet until approximately 1-inch thick.
 3. Combine flour with salt and pepper in a medium bowl.
 4. Combine egg with yogurt in a separate bowl. Whisk to combine.
 5. Place corn or bran flakes in a sealed plastic bag. Crush the flakes into smaller pieces, and transfer to a third bowl.
 6. Dip each piece of chicken in the flour mixture, turning to coating evenly, then dip in the egg mixture, and finally coat with corn or bran flakes.
 7. Brush 1 tbsp canola oil onto a foil-lined rimmed baking sheet. Place chicken on the baking sheet, then lightly drizzle remaining 1 tbsp oil evenly over chicken. Bake until chicken is cooked through, about 30 minutes.
 8. Meanwhile, start preparing waffles: whisk together flour, cinnamon, baking powder, baking soda and salt in a large bowl.
 9. In a separate bowl, combine milk, vanilla, eggs and honey. Whisk to combine.
 10. Add liquid ingredients to dry ingredients. Mix just until combined.
 11. Cook in a preheated greased waffle iron according to manufacturer's directions.
 12. Serve the chicken on top of waffles with a drizzle of maple syrup or fruit preserves. Enjoy!
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NUTRITIONAL FACTS

Serves 4 (1 waffle + 1 piece of chicken per serving)

Nutritional analysis per serving: 528 calories, 17 g fat, 43 g protein, 53 g carbohydrate (47 g available carbohydrate), 6 g fibre, 863 mg sodium