

COOKING *with* CORNFLAKES

EXTRA-CRISPY WHOLE-GRAIN FRENCH TOAST -MAKES 6 SLICES

Kick up the crunch (and the good-for-you factor!) with a few tweaks on a family breakfast classic!



INGREDIENTS:

- ~ **2-4 TBSP VEGETABLE OIL** OR BUTTER/MARGARINE, DIVIDED (PLUS BUTTER FOR SERVING, IF DESIRED)
- ~ **6 SLICES WHOLE GRAIN/WHOLE WHEAT BREAD** (OR ANY OTHER TYPE SUCH AS WHITE OR EGG BREAD)
- ~ **3 EGGS** (MEDIUM, LARGE, EXTRA LARGE ARE ALL FINE)
- ~ **1/2 CUP MILK** (NON-DAIRY IS FINE, OR, USE 1/4 C EVAPORATED MILK MIXED WITH 1/4 CUP WATER)

~ **2 CUPS CORNFLAKES**, SLIGHTLY CRUSHED (OR TRY BRAN FLAKES, MULTIGRAIN FLAKES OR EVEN FROSTED FLAKES!)

PLUS ADD ANY OR ALL OF THESE OPTIONAL FLAVOURINGS:

~ **1 TSP VANILLA EXTRACT, 1 TSP TABLE/MAPLE SYRUP, 1/4 TSP CINNAMON, PINCH PUMPKIN PIE SPICE OR NUTMEG, OR EVEN A SPOONFUL OF VANILLA PUDDING!**

~ **PANCAKE/TABLE/MAPLE SYRUP** OR YOUR FAVOURITE JAM, HEATED SLIGHTLY, IF DESIRED, TO DRIZZLE FOR SERVING

~ **FRESH FRUIT, SAUTÉED HAM/SMOKED TURKEY SLICES, BACON, ETC.** IF DESIRED, FOR SERVING

DIRECTIONS:

~ IN A RIMMED DISH, WHISK TOGETHER EGGS, MILK, AND FLAVOURINGS. PLACE CRUSHED FLAKES INTO ANOTHER DISH.

~ HEAT LARGE, NON-STICK SAUTÉE PAN OVER MEDIUM-LOW HEAT. ONCE HOT, ADD A DRIZZLE OF OIL OR SMALL PAT OF BUTTER/MARGARINE. DIP BREAD FIRST INTO EGG MIXTURE THEN INTO FLAKES, PRESSING SLIGHTLY. SAUTÉ ABOUT 2-3 MINS PER SIDE/UNTIL NICELY GOLDEN, REPEATING UNTIL ALL SLICES ARE DONE. SERVE WITH WARM JAM OR SYRUP AND WITH ACCOMPANIMENTS SUGGESTED ABOVE, IF DESIRED.

HAM & CHEESE-TOPPED FINGER-LICKIN' CHICKEN -SERVES 4

The whole family will love this extra-crunchy take on an old-school favourite, chicken cordon bleu! Serve with your favourite side dish and veggies for an easy yet extraordinary meal that everyone will think took you all day to prepare!



INGREDIENTS:

- ~ **1 LB BONELESS, SKINLESS CHICKEN** (BREASTS OR THIGHS, REMOVE BONES YOURSELF IF NEED BE) - ABOUT 2 BREASTS OR 6-8 THIGHS - SLICE BREASTS ONCE, HORIZONTALLY, TO MAKE A TOTAL OF 4, SEMI-FLAT SLICES. FOR THIGHS, POUND SLIGHTLY WITH A CAN OR MEAT Mallet JUST TO FLATTEN. BONELESS PORK CHOPS CAN BE USED ALSO
- ~ **4 CUPS CORNFLAKES**, COARSELY CRUSHED (SAY THAT 5X FAST!)

~ **2 EGGS**, BEATEN

~ **1/2 CUP MILK** (PLAIN DAIRY-FREE IS FINE, OR USE 1/4 CUP EVAPORATED MILK + 1/4 CUP WATER)

~ **4 SLICES DELI HAM, CHICKEN OR TURKEY**

~ **1 CUP SHREDDED CHEDDAR** (OR ANY OTHER CHEESE YOU HAVE ON HAND)

~ **PINCHES OF EACH, SALT AND PEPPER**

~ **2 TBSP VEGETABLE OIL/BUTTER/MARGARINE**, MELTED, PLUS MORE FOR GREASING TRAY

DIRECTIONS:

~ PREHEAT OVEN TO 375 DEGREES. GREASE A BAKING TRAY WITH A LITTLE OIL/BUTTER/MARGARINE. BEAT EGGS WITH MILK. PLACE CRUSHED CORNFLAKES IN A DISH LARGE ENOUGH TO EASILY COAT CHICKEN.

~ SPRINKLE CHICKEN WITH A LITTLE SALT AND PEPPER, THEN DIP EACH PIECE, FIRST INTO EGG MIXTURE, THEN CRUMBS. PLACE ON PREPARED BAKING TRAY. USE A BRUSH TO GENTLY DAB OIL/MELTED BUTTER ONTO COATING

~ BAKE 20-30 MINS/UNTIL DONE, THEN TOP WITH EQUAL AMOUNTS OF CHEESE AND HAM. BAKE 5 MINS MORE.

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