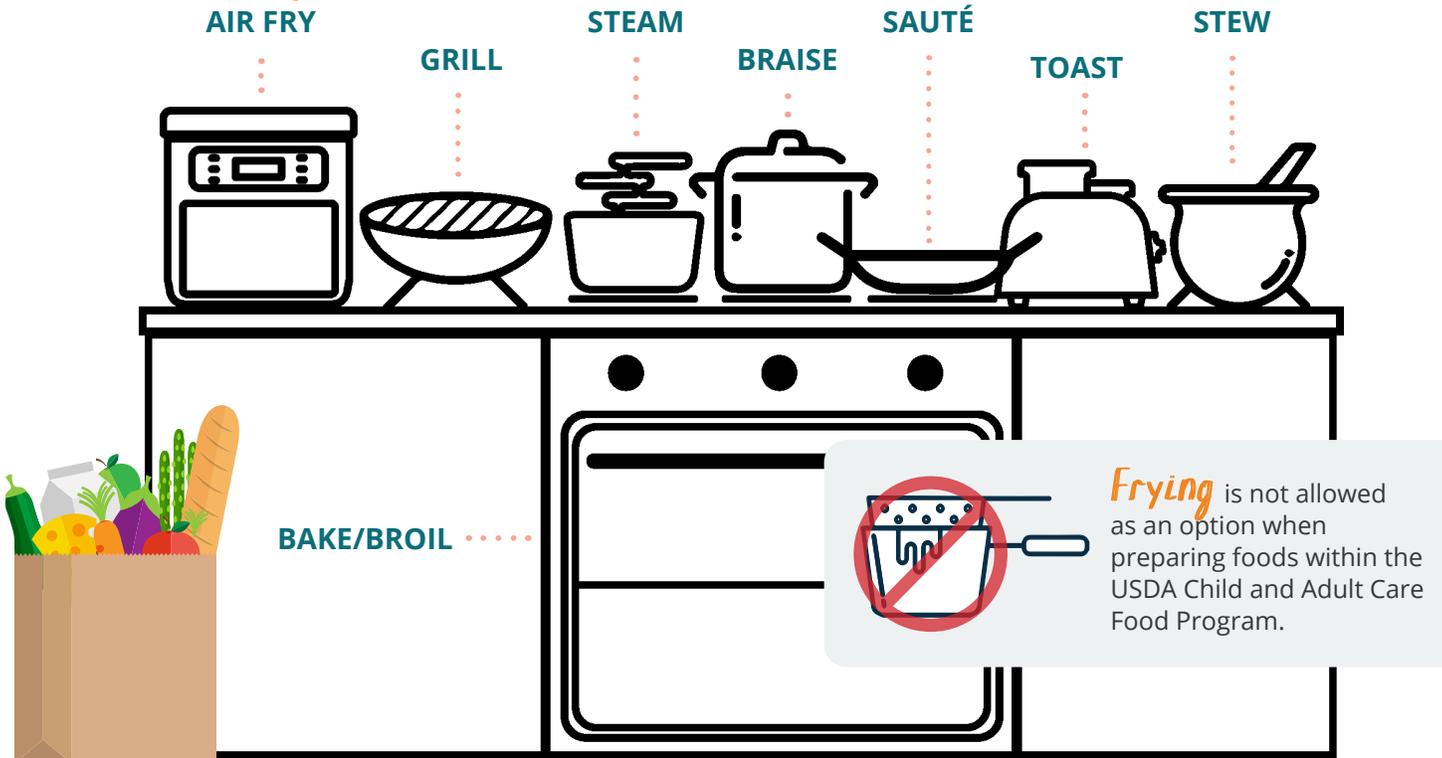


# Healthy Cooking Methods

Experiment with new cooking methods that you may not be used to. Try chicken baked, roasted, stir fried, and grilled. Pay attention to what method the children like the best. It might even be that they find a new favorite dish when prepared a different way. Remember in your cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the food groups: protein, fruit, vegetable, grain and dairy.

Healthy cooking methods include:



## Skip the sweets

Healthy plates need not include a sugar filled dessert at the end. As CACFP providers, we need to teach children that desserts and sweet treats should only be eaten in limited moderation on special occasions. **Serve fruit instead of dessert** and water instead of juice. Little bodies do not need to process the added extra sugars.



## Flakey Baked Chicken Strips

### Ingredients

- Chicken breast, boneless, skinless
- Cornflake cereal
- Whole wheat flour
- Salt & Pepper
- Egg(s)
- Nonfat milk

### Directions

1. Preheat oven to 375°F.
2. Trim any excess fat from chicken breasts and cut into 2.05 oz strips.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and pepper.
5. In a third medium bowl, add eggs, and milk. Beat with a fork until combined.
6. Dip each chicken strip into flour, then in the egg mixture, then in the cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until internal temperature reaches 165°F, about 20-25 minutes.



Serve with steamed green beans, red apples and a slice of cornbread for a colorful plate. Don't forget the glass of milk.