



## Kid Recipes

### Chicken lites

Serve up a little fun with these family favourites.

Bronto Burger

Party Pizzas

Chicken Lites

Cheese-a-roni

Hip Hoppy Salad

Cheddables

Bedrock-a-Berry Punch

Sabertooth Smoothie

Bedrock Pops

Pterodactyl Nests

#### What you need:

1/2 cup (125mL)	finely chopped peanuts or almonds
1/2 cup (125mL)	cornflake crumbs
1-1/2 tsp (7mL)	dried parsley flakes
3/4 tsp (3 mL)	onion powder
3/4 tsp (3 mL)	paprika
3/4 tsp (3 mL)	dried basil
1 lb (500 g)	boneless chicken breast
1/3 cup (75 mL)	plain yogurt
serve with	plum sauce or honey

#### What to do:

Mix peanuts, crumbs and seasonings on sheet of waxed paper. Cut chicken into strips about 1 1/4" (2 cm) wide. Dip chicken strips into yogurt then into crumb mixture to coat. Place on foil-lined baking sheet. Bake at 425°F (220°C) for 4 minutes. Turn strips over and bake 4-6 minutes longer. Serve with plum sauce or honey.

Makes about 4 servings.