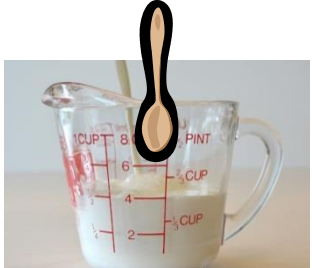


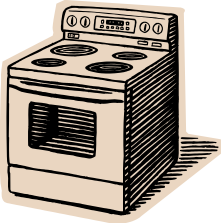
CRISPY CHICKEN TENDERS (1)

STEP	INGREDIENT/EQUIPMENT	PROCEDURE
1	  1/4 cup   1 Tablespoon 	 STIR LEMON JUICE INTO MILK
2	 3 chicken tenders  	 PLACE CHICKEN BETWEEN 2 PIECES OF SARAN WRAP  FLATTEN CHICKEN WITH ROLLING PIN

CRISPY CHICKEN TENDERS (2)

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
3	CHILI PEPPER  1/2 TEASPOON GARLIC POWDER  1/2 TEASPOON 1/2 TEASPOON  	 MIX CHILI, GARLIC AND SALT INTO ZIPLOC BAG
4	 2 CUPS  SPICES MIXED IN ZIPLOC BAG	 CRUSH CORNFLAKES IN A ZIPLOC BAG WITH YOUR HANDS

CRISPY CHICKEN TENDERS (3)

STEP	INGREDIENT/EQUIPMENT	PROCEDURE
5	    	 DIP CHICKEN IN MILK  DIP CHICKEN IN CORNFLAKES
6	  	PLACE CHICKEN ON GREASED COOKIE SHEET 
7	 	BAKE IN 450 DEGREE OVEN  10 MINUTES 