**Chicken Fingers by Megan Havens**

**Ingredients**

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1 egg

½ c milk

1 tsp yellow mustard

½ c flour

2 c (plus) crushed corn flakes

1.5 lbs chicken breasts

**Directions**

* Cut chicken into strips
* Whisk together egg, milk, mustard and flour
* Dredge chicken in liquid then roll in crushed corn flakes
* Place on ungreased cooking sheet
* Bake at 350 degrees for 20 minutes or until internal temperature reaches 165 degrees

**Honey mustard dipping sauce**

¼ c honey

¼ c mustard

¼ c mayo

½ tsp Worcestershire