



# Healthy Ways to Eat Corn Flakes



Make half of your grains whole grains

1. Eat with low-fat yogurt or milk. Sweeten the deal with fresh, frozen, canned or dried fruit!
2. Crush them up and use them as a coating for fish, chicken or pork.
3. Instead of bread crumbs, try crushed corn flakes in meatloaf or meatball recipes.
4. Make Cornflake Granola Bars for a breakfast or snack on the go.

#### Ingredients:

2 cups quick oats

1 cup corn flakes cereal

¼ cup brown sugar

¼ cup honey or maple syrup

¼ cup butter or oil

1 teaspoon vanilla extract (optional)

½ teaspoon cinnamon (optional)

½ cup raisins or dried cranberries

#### Directions:

1. In a pan over medium heat, toast oats. Transfer to a bowl; mix in corn flakes and raisins/cranberries.
2. In a saucepan, mix together butter/oil, brown sugar, and honey/maple syrup. Cook until sugar dissolves and small bubbles start to form. Stir continuously. Remove from stove; add vanilla/cinnamon if using.
3. Pour hot mixture over oats and corn flakes. Mix well. Dump mixture into a 9x9 inch greased pan and press well. Let cool for 1-2 hours. Cut into 10 squares and serve.

5. Make Cornbread Muffins. Slightly sweet, these muffins go with any meal!

#### Ingredients:

1 ½ cups all-purpose flour

¼ cup sugar

1 tablespoon baking powder

¼ teaspoon salt

2 cups corn flakes cereal

1 ¼ cups fat-free milk

1 egg

3 tablespoons oil

#### Directions:

1. Preheat oven to 400° F. Grease a 12-cup muffin pan.
2. In a bowl, stir together flour, sugar, baking powder and salt. Set aside.
3. In large mixing bowl, beat egg with oil. Add corn flakes cereal and milk. Let stand 2 minutes or until cereal softens. Add flour mixture, stirring only until combined.
4. Portion evenly into muffin tin. Bake about 20 minutes or until lightly browned.

6. Top casseroles with crushed corn flakes. Try this Simple Supper Casserole.

#### Ingredients:

3-4 cups cooked starch (like brown rice, whole wheat pasta, egg noodles, or cubed potatoes)

1-2 cups canned or pre-cooked protein (such as ground meat, chicken, fish, eggs or beans)

1-2 cups fresh, frozen or canned vegetable(s)

2 cups sauce (such as 1 (16-oz.) can diced tomatoes or 1 (10-oz.) can condensed soup + ½ cup milk)

1-2 teaspoons dried herbs (optional)

1 cup crushed corn flakes

1 Tablespoon oil or melted butter

#### Directions:

1. Preheat oven 350°F. In a small bowl, combine crushed corn flakes with oil or melted butter.
2. Combine remaining ingredients in a greased casserole dish. Top with corn flake mixture
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

7. Make Corn Flake Crusted Chicken, Fish or Pork\*

#### Ingredients:

1 lb. chicken pieces, fish filets or pork chops

2-3 cups corn flakes cereal

5 Tablespoons flour (whole wheat if you have it)

¼ teaspoon salt

1/8 teaspoon pepper

2 Tablespoons parmesan (optional)

1 egg or ½ cup low-fat yogurt

2 Tablespoons low-fat or nonfat milk

**Directions:**

1. Preheat oven to 375° F (chicken/fish) or 350° F (pork). Place corn flakes in a plastic bag or food processor and crush to create crumbs. Remove skin from chicken, if using.
2. In a bowl, mix flour, salt, pepper, and parmesan (if using). In another bowl, lightly beat egg or yogurt and milk. In a third bowl, place corn flake crumbs.
3. Dip chicken/fish/pork in the flour mixture, then egg mixture, then corn flakes. Pat well to ensure the mixture adheres to the chicken/fish/pork. Place on a lightly greased baking pan.
4. Turning half-way through, bake for 20-25 minutes or until internal temperature reaches 145 °F (fish/pork) or 165° F (chicken). If using pork and bone-in chicken, adjust baking time to 35-40 minutes. If corn flake crust begins to brown too much before meat is cooked, cover pan with foil.

**8. Make Vegetable Au Gratin for a side dish packed with flavor *and* nutrition.**

**Ingredients:**

- |                                   |   |
|-----------------------------------|---|
| 1 cup corn flakes cereal, crushed | ¼ teaspoon pepper                             |
| 5 Tablespoons butter              | ½ teaspoon garlic powder (optional)           |
| ½ chopped onion                   | 1 ½ cups low-fat or nonfat milk               |
| 3 Tablespoons all-purpose flour   | 1 cup shredded cheese                         |
| ½ teaspoon salt                   | 4 cups canned vegetable(s) of choice, drained |

**Directions:**

1. Preheat oven to 350° F. In a saucepan, melt butter. Remove 2 tablespoons melted butter and mix with corn flake crumbs. Set aside for topping. Add onion to pan, cooking until soft, about 5 minutes.
2. Stir in flour, salt, pepper and garlic powder. Add milk gradually; stir until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly. Add cheese, stirring until melted.
3. Remove from heat. Stir in vegetables and spread into a greased baking dish.
4. Bake for 20 minutes or until heated through. Serve warm.

**9. Make Southwest Stuffed Peppers in the oven or microwave.**

**Ingredients:**

- |  |   |
|--|---|
| 5 bell peppers                                   | 1 (15-oz.) can beans, drained & rinsed        |
| 2 cups corn flakes cereal                        | 1 (15-oz.) can diced tomatoes or tomato sauce |
| 2 Tablespoons oil                                | 1 Tablespoon chili powder                     |
| 1 onion, chopped                                 | 1 teaspoon cumin                              |
| 2 garlic cloves, minced (or 1 tsp garlic powder) | ½ teaspoon salt                               |
| 1 (10-oz.) can chicken, drained                  | ½ cup shredded cheese (optional)              |

**Directions:**

1. Preheat the oven to 375° F. Bring a large pot of water to a boil.
2. Cut the tops off the peppers and then cut in half from top to bottom; remove seedy portions. Boil peppers for about 5 minutes. Drain well. Place peppers, cut side up, in a greased baking dish.
3. In a skillet, heat oil; add onion and cook until soft, about 5 minutes. Add garlic and cook 30 seconds longer, stirring frequently. Add remaining ingredients except cheese. Fill peppers with stuffing.
4. *Oven:* Bake for about 25 minutes or until filling is thoroughly heated. Sprinkle tops with cheese and bake about 5 minutes longer or until cheese melts. Serve hot.  
*Microwave:* Cover stuffed peppers with plastic wrap. Poke several holes in plastic wrap to allow steam to escape. Microwave on HIGH about 15 minutes or until filling is thoroughly heated and peppers are tender. Sprinkle tops with cheese. Microwave on HIGH until cheese melts.

**10. Make Chocolate Peanut Butter Clusters for a kid-friendly dessert everyone will enjoy.**

**Ingredients**

- |                           |   |
|---------------------------|---|
| 3 cups corn flakes cereal | ½ cup peanut butter                           |
| 1 ½ cup chocolate chips   | ½ cup raisins or dried cranberries (optional) |

**Directions**

1. Place cereal in a large bowl. Line a baking sheet with wax paper.
2. In a medium saucepan, melt chocolate chips and peanut butter over medium-low heat, stirring often. Pour chocolate mixture over cereal and stir to coat.
3. Drop spoonfuls of the coated cereal onto the baking sheet, making 20-24 clusters. Let cool 1-2 hours.

