Ranch Chicken Strips

8 boneless skinless chicken breasts (sliced into strips)

1 cup corn flakes (crushed)

¾ cup grated Parmesan cheese

½ teaspoon garlic powder

½ teaspoon black pepper

1 (1 ounce) package hidden valley dry ranch dressing mix

1 cup milk

1 egg

Cut the chicken into strips.

Combine cornflakes, Parmesan,  garlic powder, pepper and ranch mix.

Beat egg and milk together with a fork.

Put 1 cup of flour in another bowl.

Dip each chicken strip into the flour.

Dip it into the egg mixture.

Coat it in the cereal mixture.

Lay the strips on a foil lined baking sheet and bake 30 minutes 350.

Stir together some honey and mustard for a dipping sauce.