Salt and Vinegar Boneless Wings

1 pound boneless, skinless chicken breasts

1 cup buttermilk

1 Tablespoon malt vinegar

​1 1/2 cups crushed cornflakes

2 Tablespoons cornmeal

1 teaspoon garlic powder

3/4 teaspoon paprika

1/4 teaspoon salt

1/4 cup mayonnaise

1/2 teaspoon dried dill

1/2 teaspoon black pepper

1 clove garlic, minced

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Cut chicken breasts into 16 equal pieces.

Combine chicken, 3/4 buttermilk and vinegar in bowl. Let stand 10 minutes.

Stir together cornflakes, cornmeal, garlic powder and paprika.

Remove chicken from buttermilk, dredge in crumbs and lay on foil lined baking sheet.

Spray chicken with cooking spray and bake 10 minutes at 450.

Turn chicken and spray again and bake another 10 minutes.

Stir together mayonnaise, dill, garlic and 1/4 cup buttermilk.

Sprinkle chicken with salt. Serve with dipping sauce.