Chicken Fingers

**Yield:** 2 pieces (4 guests)

2 boneless, skinless chicken breasts

1/3 cup skim milk

1 to 1 ½ cups finely crushed corn flake crumbs

Cut the chicken intop strips. Dip in skim milk. Roll chicken in corn flake crumbs. Place on a cookie sheet lined with parchment paper and sprayed with pam. Bake at 400 F for 10 to 12 minutes. Serve with barbeque sauce or ketchup.

Fresh Tomato Bruschetta

**Yield:** 25 pieces (5 guests)

4 ripe plum tomatoes, seeded and diced
1 tbsp finely minced garlic
1/4 cup coarsely chopped fresh basil
1/8 cup finely chopped fresh parsley
1 ½ tsp. fresh lemon juice
1 ½ tsp. extra-virgin olive oil
½ tsp. finely minced fresh tarragon
1/8 tsp. crushed red pepper flakes
1 baguette, cut in 1/2-inch-thick slices
3 cloves garlic, cut in half

## Preparation

In a bowl, mix all ingredients except bread and garlic cloves. Add salt and pepper to taste. Set aside. Heat oven to 350°F. Toast bread on a baking sheet. Rub cut side of garlic on each slice; top with tomato mixture.

Variation: Spoon 1-2 T. of tomato mixture on top of each slice of bread. Sprinkle with Parmesan or Romano cheese. Lightly broil tomato mixture on top of bread. Serve immediately.