

# OVEN BAKED CHICKEN NUGGETS



**Hint:** Experiment with different spices such as Italian seasoning, garlic lemon pepper, paprika, soy sauce, dry ranch dressing mix, etc....

**Makes 4 servings**

**Serving Size: 6 nuggets**

## Ingredients

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup barbeque sauce, ketchup, or mustard for dipping sauce
- Non-stick cooking spray

## Directions

1. Preheat oven to 400° F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with barbeque, ketchup, or mustard dipping sauce.

## Nutrition information Per Serving

250 calories  
Total Fat 3 g  
Saturated Fat 1 g  
Protein 30 g  
Total Carbohydrate 24 g  
Dietary Fiber < 1 g  
Sodium 480 mg

 **Good Source of Iron**

Recipe analyzed using ketchup for dipping.



## Eat Smart

