

OVEN BAKED CHICKEN NUGGETS



Makes 4 servings

Serving Size: 6 nuggets

Hint: Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

Hint: Finely crush corn flakes for best results.

Ingredients

- 1 egg
- 2 tablespoons fat-free or low-fat (1%) milk
- 2¾ cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup fat-free ranch dressing or fat-free honey mustard dressing 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. Add Italian seasoning to crushed cornflakes and mix well.
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 fat-free ranch dressing or fat-free honey mustard dressing for dipping sauce.



Eat Smart

Nutrition information Per Serving

265 calories		Total Carbohydrate	17 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1.5 g	Sodium	240 mg
Protein	38 g		

Iron Good Source of Iron

Recipe analyzed without dipping sauce.



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