

Crispy Chicken Nuggets

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx>

Ingredients

- 12 ounces skinless and boneless chicken breasts
- 1 egg, slightly beaten
- 1 tablespoon honey
- 1 teaspoon prepared mustard
- 2 cups cornflakes, crushed
- 1 teaspoon ground black pepper

Instructions

1. Preheat oven to 450°.
2. Cut chicken into 1 inch chunks.
3. In a small bowl, using a fork, combine egg, honey and mustard.
4. In a medium sized bowl, add the crushed cornflakes and toss with the pepper.
5. Dip chicken pieces in egg mixture then roll in cornflakes until covered.
6. Place chicken on an ungreased baking sheet and bake for 15 minutes or until cooked through and no longer pink in the center.

Makes 4 servings

Nutrition information per serving

Calories: 178	Dietary Fiber: 0g
Total Fat: 2g	Sodium: 215mg
Saturated Fat: 1g	Protein: 22g
Cholesterol: 102mg	Carbohydrates: 15g

