

Crispy Chicken Nuggets

From the King County Public Health Recipe Cookbook

<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 (*1/4 recipe per serving*)

Nutrition information per serving:

Calories 178
Carbohydrate 15 g
Dietary Fiber 0 g
Sugars 4 g
Protein 22 g
Total Fat 2 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 102 mg
Sodium 215 mg



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