



Recipe: Baked chicken nuggets



INGREDIENTS

- 1-1/2 pounds boneless, skinless chicken tenders
- 1 cup cornflakes
- 1 teaspoon paprika
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

DIRECTIONS

1. Place cornflakes in a plastic bag and crush with a rolling pin.
2. Add seasonings to crushed cornflakes. Close bag tightly and shake until blended.
3. Add a few chicken tenders at a time to crumb mixture. Shake to coat evenly.

Conventional Oven

1. Preheat the oven to 400°F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

Microwave

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with parchment paper and cook on high for 6 to 8 minutes, rotating the chicken every 2 minutes.

NUTRITIONAL INFORMATION:

Serves 4

Per serving: 175 calories, 8 g total fat, 2 g saturated fat, 127 mg sodium, 7 g carbohydrates, 1 g dietary fiber, 18 g protein.