

Baked Chicken Nuggets

Makes 4 Servings, about 3 oz, each

Preparation Time: 15 minutes

Conventional Oven Cooking Time: 25 minutes

Microwave Cooking Time: 6–8 minutes

Ingredients

- 1–1/2 lbs. chicken thighs: boneless and skinless
- 1 cup ready-to-eat cereal (such as cornflakes)
- 1 tsp. paprika
- 1/2 tsp. Italian herb seasoning
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder

Directions

1. Remove skin and bone from chicken thighs; cut thighs into bite-size pieces.
2. Place cornflakes in a plastic bag and crush using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method

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

Microwave Method

1. Lightly grease an 8 x 12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Nutrition Content Per Serving:

Calories: 175

Total Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 67 mg

Sodium: 127 mg

