

BAKED CHICKEN NUGGETS

INGREDIENTS

- 1½ pounds chicken thighs, boneless, skinless
- 1 cup ready-to-eat cereal, cornflakes, crumb
- 1 teaspoon paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder



Serving size: About 3 ounces

Nutrition Information:

Calories: 175; Total fat: 8g; Saturated fat: 2g; Cholesterol: 67mg; Sodium: 127mg; Total carbohydrate: 7g; Dietary fiber: 1g; Protein: 18g.

Recipe courtesy of the U.S. Department of Agriculture

DIRECTIONS

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

Conventional Method

1. Place chicken pieces on lightly greased cooking sheet so they are not touching. Bake at 400° F until golden brown, about 12 to 14 minutes.

Microwave Method

1. Place chicken pieces on lightly greased 8x12-inch baking dish so they are not touching. Cover with waxed paper and cook on high. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.