




# Oven Baked Chicken Nuggets



Makes 4 servings | Serving Size: 6 nuggets

**165°** Chicken should be cooked to an internal temperature of 165°F.

 **Hints:** Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

Finely crush corn flakes for best results.

## Ingredients

- 1 egg
- 2 tablespoons low-fat milk
- 2¾ cups cornflakes, finely crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1/4 cup of dressing such as Ranch or dipping sauce such as honey mustard, barbecue sauce, or ketchup
- Non-stick cooking spray

## Directions

1. Preheat oven to 400°F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture; then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
- 165°** 6. Carefully place pan in oven and bake for 15 minutes or until the chicken has reached an internal temperature of 165°F.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with dipping sauce of your choice.

## Nutrition Information Per Serving

265 calories		Total Carbohydrate	17 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1.5 g	Sodium	240 mg
Protein	38 g		

 **Good Source of Iron**

*Recipe analyzed without dipping sauce.*



# Don't Wait, Walk

When you take your children to an appointment, activities, or lessons, use the waiting time to go for a walk or take a stretch break.