

## Chicken Nuggets

5 servings

Choose poultry without skin and low-fat cooking methods such as baking. Your family will love this easy, lower fat and sodium chicken recipe.

- 1 cup cornflakes, crushed\*
- 1 teaspoon chicken bouillon granules
- 1 teaspoon Italian herb seasoning
- 1/8 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika (optional)
- 1/2 teaspoon poultry seasoning (optional)
- 1/4 cup low-fat milk
- 1 pound chicken breast, skinless, boneless



1. Wash hands with soap and water.
2. Preheat oven to 425 °F. Spray baking sheet with non-stick cooking spray. Set aside.
3. Combine corn flakes, bouillon, and seasonings in a plastic zip bag.
4. Pour milk in a small bowl.
5. Cut chicken in bite-sized pieces. Dip each piece of chicken in milk and then place in bag with coating mix. Gently shake to coat each piece evenly.
6. Arrange coated chicken pieces on prepared baking sheet, so pieces are not touching.
7. Wash hands with soap and water after handling uncooked chicken.
8. Bake 12 to 14 minutes. Cook until internal temperature reaches 165 °F as measured with a food thermometer.
9. Throw away any left-over coating mix. Store leftovers in a sealed container in the refrigerator for up to four days.

\*3 1/2 cups of cornflakes equal about 1 cup of crushed cornflakes

**Microwave option:** Spray a microwave-safe dish with non-stick cooking spray. Arrange chicken pieces so they are not touching. Cover with wax paper and cook on high 6 to 8 minutes or until chicken is tender and internal temperature reaches 165° F as measured with a food thermometer. Rotate chicken pieces twice during cooking time.

**Nutrition Information per Serving:** Serving Size (1/5 of recipe): *Calories 210, Total Fat 7 g (11% DV), Saturated Fat 2 g (10% DV), Cholesterol 75 mg (26% DV), Sodium 260 mg (11% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 0 g (0% DV), Sugars 1 g, Protein 28 g, Vitamin A 6%, Vitamin C 0%, Calcium 2%, Iron 10%.*