

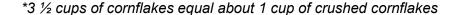


## **Chicken Nuggets**

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
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika (optional)
- ½ 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
  - 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.



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%.

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