

Easy Homemade Baked Nuggets

Serves 12

Ingredients:

2 eggs

¼ cup flour (gluten free if desired)

2 pounds chicken breasts, cut into 1 inch pieces

8 cups Rice Chex cereal

2 tbsp olive oil

¼ cup grated Parmesan cheese

1 tsp each onion powder, garlic powder, salt, pepper, and Italian herb blend

Directions:

1. Spray 2 baking sheets with baking spray. Preheat oven to 425F.
2. Beat the eggs with the flour in a medium bowl until smooth. Add chicken pieces and stir to evenly coat all pieces.
3. Pour cereal into a gallon sized Ziploc bag. Close bag and crush into fine crumbs with a rolling pin or your hands. Add oil, close bag, and shake to coat evenly. Add cheese and seasonings; close bag and shake again to evenly mix.
4. Add about half of the chicken pieces, close bag (with as much air as possible in the bag) and shake to evenly coat the pieces. Remove and place on a prepared baking sheet, separating the nuggets so they don't touch. Repeat with remaining chicken pieces.
5. Bake nuggets until golden and cooked through, about 20 minutes, rotating sheets halfway through.

NOTE: You can use pork loin or fish, cut into 1 inch pieces, in place of the chicken. Vary the seasonings in the crumb coating to your liking.

Nutrition Facts	
12 servings per container	
Serving size	1 serving
	(107.39g)
Amount per serving	
Calories	200
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 370mg	16%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g of Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	4%
Calcium 64mg	6%
Iron 6mg	35%
Potassium 301mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.