

Jan. 3 – Tender Chicken Nuggets

Ingredients:

½ c. seasoned bread crumbs

2 Tbsp. Grated Parmesan cheese

1 egg white

1 lb. boneless skinless chicken breasts, cut into 1-inch cubes

Directions:

In a large resealable plastic bag, combine the bread crumbs and Parmesan cheese. In a shallow bowl, beat the egg white. Dip chicken pieces in egg white, then place in bag and shake to coat. Place in a 15-in. x 10-in. x 1-in. Baking pan coated with nonstick cooking spray. Bake uncovered at 400° for 12-15 minutes or until chicken is no longer pink, turning once.