

Recipe



Prep Time:	15 minutes
Cook Time:	20 minutes
Serving Size:	4, 4 oz. servings

Nutrients Per Serving:	Calories	220	
	Protein	24 g, Carbohydrate	15 g,
	Dietary Fiber	1 g, Total Fat	10 g,
	Saturated Fat	3 g, Sodium	310 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Baked Chicken Nuggets

INGREDIENTS

1 lb. skinless chicken breast,
boneless
1 cup cornflakes cereal
1/3 cup whole wheat flour
1/2 teaspoon Italian seasonings
1/4 teaspoon garlic powder
1 teaspoon paprika
2 eggs
1/4 cup nonfat milk
cooking spray

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Remove skin and bones from chicken. Cut into bite size pieces.
3. Place cornflakes in large plastic bag and crush by using a rolling pin.
4. In a medium bowl combine flour and spices.*
5. In second bowl, beat eggs and milk with a fork.
6. Dip a few of the chicken pieces in flour mixture and coat.
7. Dip flour coated chicken into egg mixture.
8. Place egg coated chicken into bag of cornflakes. Seal and shake.
9. Coat a baking sheet with nonstick cooking spray. Place chicken pieces on sheet, evenly spaced.
10. Spray pieces lightly with cooking spray.
11. Coat remaining chicken pieces. (Steps 6 -10)
12. Bake for 12 - 15 minutes, or until internal temperature reaches 165 degrees.

* Use other spices to your taste.

Source:

USDA What's Cooking?

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