

Oven Baked Chicken Nuggets

Makes 4 servings
Serving Size: 6 nuggets

Ingredients

1 egg
2 tablespoons low-fat milk
2 3/4 cups cornflakes, crushed
2 tablespoons Italian seasoning
1 pound boneless, skinless chicken breasts, cut into nugget size pieces
1/4 cup fat-free dressing such as ranch or honey mustard, barbecue sauce, or ketchup for dipping sauce
Non-stick cooking spray

Directions

Preheat oven to 400°F.
Whisk the egg and milk together in a small mixing bowl with a fork.
Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
Put coated chicken on a baking sheet coated with non-stick cooking spray.
Carefully place pan in oven and bake for 15 minutes.
Carefully remove the baking pan from the oven.
Serve nuggets with dipping sauce of your choice.



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