

Chicken Nuggets

Ingredients

1 1/2 c Panko
1 1/2 T Olive Oil
1 t Salt
1 t Ground Black Pepper
1 t Onion Powder
1 t Paprika
1/2 t Garlic Powder
1/4 t Cayenne
1 Egg
1 T Milk
1 lb Chicken Breasts (cut into 1" cubes)

Instructions

Preheat oven to 400 degrees F.

1. Combine the panko and oil in a frying pan and toast over medium heat until golden brown.

Transfer panko into a shallow dish and allow to cool.

2. To the breadcrumbs add salt, black pepper, onion powder, paprika, garlic powder and cayenne pepper. Set aside. In a separate medium bowl, whisk together the egg and milk. Set aside.

3. Preheat oven to 400 degrees F. Line a large baking sheet with a metal rack. Spray with nonstick cooking spray.

4. Dip each chicken cube into the egg mixture, then use a tong to grab each chicken nugget and toss into the breadcrumb mixture to completely coat with breadcrumbs. Use tongs to transfer to the

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wire rack, placing about 1 inch apart.

5. Generously spray the tops of the chicken nuggets with nonstick spray. Bake in the oven for 15-20 minutes until cooked through and temp reaches 165 degrees F with a meat thermometer.