

# BAKED CHICKEN NUGGETS

Serves: 4

1 1/2 pounds chicken thighs, skin removed	1/2 teaspoon Italian herb seasoning
1 cup cornflakes	1/4 teaspoon garlic powder
1 teaspoon paprika	1/4 teaspoon onion powder

1. Remove skin and bone from chicken; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush using a rolling pin.
3. Add seasonings to crushed cornflakes and mix.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Use an oven or a microwave to cook chicken:

**OVEN** – Place chicken pieces on cooking sheet coated with cooking spray. Bake at 400 degrees until golden brown, about 12 to 14 minutes.

**MICROWAVE** – Place chicken pieces on baking dish coated with cooking spray. Cover with waxed paper and cook on high. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

## TIP:

- Always thaw meat in the refrigerator, never on the counter. Be sure to thoroughly wash hands after handling raw meat.

**Nutrition Facts:** Serving size: 4 oz.; Calories: 140; Fruits and Vegetables: 0; Fat: 4g; Fiber: 0g