

# BAKED CHICKEN NUGGETS WITH VEGGIES

Preparation: **35** minutes | Cooking: **20** minutes | Servings: **6**

## INGREDIENTS

2 large eggs  
1 pound boneless, skinless chicken breast, cut into 1-inch cubes  
1 1/2 cups panko breadcrumbs  
2 tablespoons almond milk (or milk of choice)  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon onion powder  
1 teaspoon paprika  
½ teaspoon garlic powder  
Dipping sauces of choice  
Vegetable of choice to pair with (broccoli, carrots, cauliflower, etc.)  
Nonstick olive oil cooking spray



## INSTRUCTIONS

Preheat the oven to 400° Fahrenheit. Add panko breadcrumbs to a large baking sheet, and spread out in an even layer. Spray breadcrumbs with nonstick olive oil cooking spray. Bake for 2 minutes, stir breadcrumbs (or just give the pan a shake) and then bake for 2-3 minutes or until breadcrumbs are golden brown. Keep heat in the oven. Transfer breadcrumbs to a medium bowl. Whisk in spices: salt, black pepper, onion powder, paprika and garlic powder. Set aside. In a separate medium bowl, whisk together the eggs and almond milk. Set aside. Line the large baking sheet with an oven-safe metal wire rack. Spray with nonstick cooking spray. Dip each chicken cube into the egg mixture and 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 wire rack, placing about 1 inch apart. Generously spray the tops of the chicken nuggets with nonstick spray. Bake in the oven for 15-20 minutes until cooked through and temperature reaches 165° with a meat thermometer. Serve with your choice of a sauce, and pair with your favorite vegetable!