

CRISPY BAKED CHICKEN NUGGETS

Preparation: **20** minutes | Cooking: **15** minutes | Servings: **4**

INGREDIENTS

2 large eggs
1 pound boneless, skinless chicken breast, cut into 1-inch cubes
1 ½ cups panko breadcrumbs
2 tablespoons milk of choice
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon onion powder
1 teaspoon paprika
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
Nonstick olive oil cooking spray
Quinoa and vegetable of choice



INSTRUCTIONS

Preheat oven to 400 degrees 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 and then bake for 2-3 minutes or until breadcrumbs are golden brown. Transfer breadcrumbs to a medium bowl. Whisk in spices: salt, black pepper, onion powder, paprika, garlic powder and cayenne pepper. Set aside. In a medium bowl, whisk together eggs and milk. Line baking sheet with an oven-safe wire metal rack and spray with nonstick cooking spray. Dip each chicken cube into egg mixture, then place chicken nugget and toss into breadcrumb mixture, ensuring chicken is completely covered with breadcrumbs. Place chicken nuggets about 1 inch apart on wire rack. Generously spray tops of chicken nuggets with nonstick spray. Bake in the oven for 15 to 20 minutes until cooked through. Serve with sauce of choice and enjoy! This pairs well with a side of quinoa and the vegetables of your choosing.