

Baked Chicken Nuggets

Serves 4

Ingredients:

- 1 Egg
- 2 tbsp Milk
- 3 ½ c Cornflakes, crushed
- 1 lb Boneless Skinless Chicken Breasts, cut into nugget-size pieces
- ¼ c Dipping Sauce



You'll Also Need:

- Knife and cutting board
- 2 bowls
- Fork or whisk
- Nonstick cooking spray
- Baking sheet

Directions:

1. Preheat oven to 400°F.
2. In one bowl, whisk the egg and milk together with a fork or whisk.
3. Place crushed cornflakes in the other bowl.
4. Dip chicken pieces in egg mixture and then in cornflakes.
5. Spray the baking sheet with nonstick cooking spray, then put coated chicken on the baking sheet.
6. Bake for 15 minutes or until chicken reaches 165°F.
7. Serve with selected dipping sauce.