

Baked Chicken Nuggets

Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 14 minutes

Source: myplate.gov

Ingredients

- 1 1/2 pounds chicken thighs, boneless, skinless, about 2 cups
- 1 cup ready-to-eat cereal, cornflakes, crumb
- 1 teaspoon paprika
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Non-stick cooking spray

Directions

1. Cut thighs into bite-sized pieces. Wash hands and contact surfaces thoroughly after touching raw meat.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method (preferred method for crispy coating)

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

Microwave Method

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3 ounces

Nutrients	Amount
Calories:	175
Total Fat:	8 g
Saturated Fat:	2 g
Cholesterol:	67 mg
Sodium:	127 mg
Total Carbohydrates:	7 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	1 g
Protein	18 g

Utensils Needed

- Cutting Board
- Knife
- Rolling Pin
- Cookie Sheet (Oven)
- Measuring Cups
- Measuring Spoons
- Baking Dish (Microwave)

SHOPPING LIST

Average total cost without oil and seasonings: \$6.47

Average cost/serving: \$1.62

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Boneless, Skinless Chicken
Thighs (1.5 pounds)



Add 1 to Cart
Corn Flakes, 18 oz box

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- To remove bone from chicken thigh: Place chicken on cutting board. Remove skin from thighs. Turn chicken thighs over. Cut around bone and remove it.
- Corn flakes can be used to replace bread crumbs or fried onions in recipes. It also is a nice crunchy coating on any type of meat!