

Chicken Nuggets

4 servings 4 nuggets per serving calories 191 4 grams fat

1 3/4 cups of bread crumbs
1 teaspoon each garlic powder, paprika
¼ cup grated parmesan cheese
¼ cup buttermilk or low fat plain yogurt
¼ teaspoon ground black pepper
1 pound boneless, skinless chicken breasts
(2 breasts)

1. Preheat oven to 450F
2. Combine the garlic, paprika and pamesan cheese with the bread crumbs in a plastic bag. Seal the bag and shake to mix thoroughly.
3. Place buttermilk and pepper in a small bowl.
4. Cut chicken into 16 chunks, all about same size. (each chicken breast should give you 8 chunks)
5. Dip each chicken chunk into the buttermilk mixture, covering all sides. Let the extra buttermilk drip off. Place 3 dipped chunks at a time into the bag of crumbs. Seal the bag tightly and shake until the chicken pieces are evenly coated with the crumbs.
6. Place the coated nuggets on an ungreased baking sheet. Repeat with the remaining chicken chunks.
7. Bake nuggets for 5 minutes.
8. With oven mitts, remove pan from oven, using tongs, turn over each nugget.
9. Return to oven and bake 5 more minutes, or until medium golden brown.
10. Serve the nuggets immediately with a dipping sauce. (Pureed fruit with a teaspoon of honey is delicious. If you like it spicy add ½ teaspoon of cayenne pepper or an additional ½ teaspoon of black pepper).