

chicken nuggets

Ingredients:

3 large, boneless, skinless breasts

½ cup flour

1 cup italian bread crumbs

½ cup grated paremsan cheese

½ tsp. paprika

½ tsp. garlic powder

1 tsp. pepper

2 eggs

directions:

Preheat oven to 350°

Place flour in a gallon ziplock bag.

In a separate gallon bag combine; Italian breadcrumbs, parmesan cheese, paprika, garlic powder, and pepper.

Whisk eggs into a shallow dish.

Cut chicken breasts iinto 1"x1" pieces

Place several chicken pieces in flour bag, seal, and shake until covered well.

Repeat in small batches until all chicken is floured.

Dip each piece of chicken in egg wash to coat.

Place small batches of chicken pieces in bag with bread crumb mixture, shake to cover well.

Spread coated chicken on a baking sheet.

Place in oven for 5 minutes, flip each one, bake another 5 minutes.

