

# Oven Baked Chicken Nuggets

Makes 4 servings • Serving Size: 6 nuggets

## Ingredients

- 1 egg
- 2 tablespoons low-fat milk
- 2<sup>3</sup>/<sub>4</sub> cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts
- 1/4 cup fat-free dressing such as ranch or honey mustard, barbecue sauce, or ketchup for dipping sauce
- Non-stick cooking spray



## Directions

1. Preheat oven to 400°F.
2. Whisk the egg and milk together in a small bowl with a fork.
3. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with dipping sauce of your choice.