

Chicken Nuggets

Ingredients:

1 lb boneless, skinless chicken breasts
3 Tbsp nonfat milk
¼ cup grated parmesan cheese
½ cup dry bread crumbs
½ tsp paprika
¼ tsp black pepper
½ tsp garlic powder
½ tsp onion powder
1 Tbsp dried parsley, crumbled

Directions:

Cut chicken into 1-inch cubes. Place pieces in small bowl. Pour milk over chicken. Mix lightly with spoon so that all chicken pieces are coated with milk. In a plastic bag, shake together the bread crumbs, spices and parmesan cheese. Put half the chicken pieces in the bag. Shake the bag to coat the pieces evenly. Arrange these pieces on a lightly greased baking sheet. Coat the second half of the chicken pieces the same way and arrange on the baking sheet. Discard any leftover milk. Bake at 425°F for about 12 minutes. (Check with instant read meat thermometer for internal temperature of at least 165°F.)

Makes 4 servings

Nutrition Facts per serving: 200 calories, 5g fat, 2g sat fat, 240mg sodium, 0g fiber

Source: Adapted from [Kid Favorites Made Healthy: 150 Delicious Recipes Kids Can't Resist!](#) (Better Homes and Gardens Cookbook)