



Healthy Dad Recipes

TENDER CHICKEN NUGGETS

Yield: 4 servings

Ingredients:

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| ½ cup | seasoned bread crumbs |
| 2 tbsp | Parmesan cheese grated |
| 1 | egg white |
| 1 pound | boneless skinless chicken breasts, cut into 1-inch cubes |



Instructions:

- Preheat oven to 400°F.
- In a large re-sealable plastic bag combine bread crumbs and cheese.
- In a shallow bowl, beat the egg white. Dip chicken pieces in egg white, then place in bag and shake to coat.
- Place on cooking sheet coated with cooking spray.
- Bake uncovered for 12-15 minutes or until no longer pink, turning once.

Nutritional Facts:

3 ounces cooked chicken equals 194 calories, 3 g fat (1 g saturated fat), 68 mg cholesterol, 250 mg sodium, 10 g carbohydrate, trace fibre, 30 g protein.

Recipe courtesy of tasteofhome.com