



## Healthy Dad Recipes

### TENDER CHICKEN NUGGETS

**Yield:** 4 servings

**Ingredients:**

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](http://tasteofhome.com)