

Recipe of the Month

December 2010

Easy Chicken Nuggets

- four cups of corn flakes
- one pound boneless skinless chicken breasts, cut into one inch pieces
- half cup honey mustard or Italian dressing
- yellow mustard for dipping, if desired

directions:

1. heat oven to 425°F
2. spray pan with cooking spray
3. place cereal in resealable food storage plastic bag; seal bag and crush with rolling pin or meat mallet, place cereal in shallow bowl.
4. place honey mustard in another shallow bowl, dip each piece of chicken into dressing and roll in cereal to coat; place on pan. Bake for 10 minutes.

Serves 4.



Nutritional Information per Serving

calories: 370

total fat: 14 g

saturated fat: 2 1/2 g

protein: 29 g

carbohydrates: 32 g

cholesterol: 70 mg

dietary fiber: 4 g

sodium: 500 mg