



## Chicken Nuggets

4 servings

12 ounces chicken breast, boneless, skinless  
1 cup Corn Flakes or  $\frac{1}{4}$  cup corn flake crumbs  
1 tsp paprika  
 $\frac{1}{2}$  tsp Italian herb seasoning  
 $\frac{1}{2}$  tsp garlic powder  
 $\frac{1}{4}$  tsp onion powder  
 $\frac{1}{2}$  tsp salt  
Cooking spray

- Heat oven to 400°.
- Cut chicken breasts into bite-sized pieces, set aside.
- Place corn flakes in large zip lock plastic bag; crush using a rolling pin.
- Add paprika, Italian herb seasoning, garlic, onion powder and salt to crushed cornflakes. Close bag and shake until blended.
- Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
- Lightly spray a cooking sheet.
- Place chicken pieces on cooking sheet so they are not touching.
- Bake until golden brown, about 12-14 minutes.

Dipping sauces: Low fat ranch dressing, Salsa, Bar-B-Q sauce

Nutritional Information (without dipping sauce):  
Calories: 134  
Fat: 2.5g  
Saturated Fat: 0.8g  
Carbohydrates: 6.5g  
Fiber: 0.5g  
Protein: 19g

Recipe adapted from [Wellspring Weight Loss Center](#) web site.