

Nutrition Education

Easy Homemade Chicken Nuggets

- 4 cups Whole Grain Total or Corn Flakes cereal
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 cup Italian dressing, honey mustard or red pepper sauce

Heat oven to 425 degrees F. Spray baking sheet (with sides) with cooking spray. Crush cereal*; place in bowl or plastic food-storage bag. Dip chicken pieces into dressing; then roll in cereal until well coated. Place in pan. Bake about 10 minutes until no longer pink in center. 8 servings.

*Place cereal in plastic bag or between sheets of waxed paper; crush with rolling pin, or crush in blender or food processor.

