

Homemade Chicken Nuggets

Nutrition Facts:	
Yield	1
Calories	350
Fat	8 g
Sodium	735 mg

Code
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Ingredients Needed:

1 chicken breast
1 egg
2 slices wheat bread
Salt and pepper

Recipe Directions:

- Defrost chicken.
- Preheat oven to 375 degrees.
- Cut chicken into little pieces; tender, nuggets, etc.
- Whisk egg in a bowl.
- Toast the bread slices, then, using a bread knife and your hands, cut and crumble them into breadcrumbs.
- Sprinkle breadcrumbs with salt and pepper.
- Dip each piece of chicken into the egg, and then roll both sides of it in the breadcrumbs. Place all of the nuggets onto a lightly greased baking tray.
- Bake the nuggets for 20 minutes, or until cooked thoroughly.