

CRUNCHY CHICKEN NUGGETS



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the
**Chickasaw
Nation**

This institution is an equal opportunity provider and employer.

Adult supervision required when preparing food.

Crunchy Chicken Nuggets

8 Servings

Cooking Spray

1 Egg

2 T Milk, skim

1 bag Baked cheese crackers,
6.6 oz, crushed (2½ c)

1 lb Chicken breasts, boneless,
skinless, cut into bite-sized
pieces

1 can Crushed pineapple in juice
(8oz)

1 T Cornstarch

¼ c Pineapple juice

½ c Barbecue sauce

1. PREHEAT oven to 400°F. SPRAY a baking sheet with cooking spray. PLACE the crackers in a gallon-size zip top bag.
2. In a small bowl, MIX 1 egg and 2 T of milk together.
3. PLACE chicken in a medium bowl and POUR the egg/milk mixture on top of the chicken. MIX well.
4. PLACE chicken pieces in the plastic bag. SHAKE to coat.
5. PLACE coated chicken on a baking sheet and BAKE for 15 minutes turning halfway through cooking.
6. DIVIDE chicken nuggets into eight equal servings.
7. POUR crushed pineapple and cornstarch in a blender and BLEND for 20 seconds.
8. POUR mixture in a saucepan, HEAT over medium heat.
9. ADD pineapple juice, barbecue sauce, bring to a BOIL, then REDUCE heat and SIMMER for 3 minutes.
10. REMOVE from heat and SERVE with chicken nuggets.



Nutrition Information: 220 calories, 9 g fat, 55 mg cholesterol,
280 mg sodium, 21 g carbohydrate, 1 g fiber, 12 g protein

