

Crispy Chicken Nuggets

Serves: 4

Ingredients:

- 1 pound boneless skinless chicken breasts, chopped into 1" cubes
- 2.5 cups cornflakes cereal, crushed
- 1/4 cup whole wheat flour
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 large egg
- 2 tablespoons milk
- nonstick cooking spray

Preparation:

1. In a medium bowl, mix flour, salt, pepper, and seasonings (if using). In a second medium bowl, whisk egg with milk. In a third medium bowl, add cornflake crumbs.
2. Toss each chicken piece in flour mixture, dip in egg wash, then roll in cornflakes to coat.

Air Fryer:

1. Preheat air fryer to 400 degrees Fahrenheit for 8 minutes.
2. Place the chicken on the crisping insert, being careful not to overcrowd the chicken.
3. Spray chicken lightly with cooking spray. Air fry for 8-10 minutes, flipping halfway through, until outside of chicken is golden and internal temperature reaches 165 degrees.

Oven:

1. Preheat oven to 375 degrees Fahrenheit. Coat a baking sheet with non-stick cooking spray or cover with parchment paper or nonstick aluminum foil.
2. Place chicken on baking sheet and spray with cooking spray. Cook for 20-25 minutes, flipping halfway through, until outside of chicken is golden and internal temperature reaches 165 degrees.

Materials:

- 3 medium bowls
- Air Fryer OR baking sheet
- Fork OR whisk
- Sharp knife
- Cutting board
- Measuring cups or spoons
- Meat thermometer

Nutrition Facts	
4 servings per container	
Serving size	4 oz chicken
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 560mg	24%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	