

BAKED CHICKEN NUGGETS



INGREDIENTS

3 boneless, skinless chicken breasts
1 cup dry bread crumbs
½ cup grated parmesan cheese
1 teaspoon salt
1 teaspoon thyme
1 tablespoon basil
½ cup unsalted butter

PREPARATION

Preheat oven to 400° F.

Cut chicken breasts into 1 ½-inch sized pieces. (Each breast makes 2 servings, or about 10 nuggets.)

In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well.

Melt butter and put it in a bowl or dish for dipping.

Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

Serving size: 5 nuggets

Makes: 6 servings

Nutrition Information:

390 calories, 22g fats,
12g saturated fat, 1g trans
fat, 134mg cholesterol,
861mg sodium, 15g total
carbohydrates, 1g fiber

