



Baked Chicken Nuggets

Yield: 4 servings
Serving size: 5 pieces

Ingredients

1 lb.	Ground chicken breast, lean
½ cup	Frozen cauliflower rice, thawed
1 tsp.	Onion powder
1 tsp.	Garlic powder
¼ tsp.	Ground pepper
1 tsp	Kosher salt
2 each	Large egg
¾ cup	Seasoned breadcrumbs

Equipment

- Large bowl
- Two large plates
- Baking sheet with wire rack
- Whisk

Method

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and top with a wire rack.
2. Mix the chicken, cauliflower rice, onion powder, garlic powder, salt, and pepper in a large bowl. Using a tablespoon, scoop the chicken mixture and form into 20 round nuggets. Set aside.
3. Whisk the egg on a large plate and set aside.
4. In another plate, spread the breadcrumbs and set aside.
5. Dip the nuggets in the egg and then transfer to the plate with breadcrumbs. Roll nuggets in breadcrumbs and coat each one until generously covered.
6. Place the breaded nuggets on the wire rack and spray them with cooking oil.
7. Bake in preheated oven for 15 minutes or until the internal temperature reaches 165°F.

Helpful Tips

- Substitute panko for regular breadcrumbs.
- Nuggets can be made ahead and frozen.