

Oven Baked Chicken Nuggets

Makes 4 servings



- 1 1/4 lb boneless, skinless chicken breasts
- 1 sleeve of whole wheat Ritz crackers (~35), crushed (or 1 1/2 cup panko)
- 1 Tbsp grilling chicken seasoning
- 1 carton (6-8 oz) nonfat plain yogurt
- 1/3 cup skim milk
- 1 Tbsp Dijon mustard
- 1/3 cup flour

Preheat oven to 400°F. Spray a baking sheet with nonstick spray (or cover in nonstick aluminum foil). Place crushed crackers into a shallow bowl along with grilling seasoning. In another bowl, mix yogurt, milk and Dijon mustard until smooth. Place flour into a sealable plastic bag.

Cut chicken breasts into nugget-size pieces (makes about 25 to 30 nuggets). Add 4 to 5 nuggets at a time to the bag of flour, sealing and shaking to coat. Then dip the flour-coated nuggets into the yogurt mixture, shaking off excess before adding them to the crushed crackers. Use fingers to help crackers stick to coated nuggets, and place onto baking sheet. Spray nonstick spray over nuggets, and bake for 6-8 minutes. Flip nuggets and bake for another 6-8 minutes, or until chicken is done. Serve with BBQ sauce or honey mustard sauce.

Nutrition information per serving (about 6-8 nuggets): 260 calories, 6g fat (1.5g saturated fat), 1g dietary fiber, 33g protein, 230mg sodium, 80mg cholesterol.

