

Homemade chicken nuggets

Processed foods have a bad rep—mostly because they contain high amounts of **sodium, saturated fats, trans fats, preservatives**, and other junk added to them. So skip out on the process and make your own! This recipe for homemade chicken nuggets is full of **protein**—26 grams per serving! It also is high in **B vitamins, unsaturated fats**, and **Iron**, and when made with **whole wheat flour**, one serving provides 20 grams of **whole grain** per serving—that’s almost half of the 48 g daily recommendation for whole grains for a 2,000 calorie diet.

Recipe:

2 thawed skinless chicken breasts (approx 6 oz each)—rinsed and cut up into 2” squares

2 large eggs, beaten

1/3 cup cornmeal

2/3 cup flour (healthier option: **whole** wheat flour)

1 tsp pepper

2 T olive oil

Seasonings, if desired (suggestion: ranch dip powder, Italian seasoning, or garlic powder)

Mix together the cornmeal, flour, seasonings, and pepper. Heat the olive oil in a skillet on medium-high. Dredge the chicken in the egg mixture first, then dip into the dry mix to cover the entire piece of chicken. Fry the chicken, flipping the pieces over occasionally, approximately 10 minutes or until the outside is golden brown and the center is cooked thoroughly (to 165 degrees F).

NUTRITION FACTS

Serving size: ¼ recipe

Calories: 300 Calories from fat: 100

Total Fat: 11g

 Saturated Fat: 2g

 Polyunsaturated Fat: 1.5

 Monounsaturated Fat: 6.5g

Cholesterol: 142 mg

Sodium: 94 mg

Potassium: 303 mg

Total Carbohydrate: 23.5g

 Dietary Fiber: 1.5 g*, 2.5 g**

 Sugars: 0g

Protein: 26 g

Vitamin and Mineral Content: Vitamin A 4%, B12 9%, B6 27%, Vitamin C 2%, Vitamin D 5%, Vitamin E 5%, Calcium 2%, Folate 14%, Iron 13%, Magnesium 10%, Niacin 55%, Phosphorus 26%, Riboflavin 17%, Selenium 34%, Thiamin 17%, Zinc 9%

*Dietary Fiber for recipe made with white flour. **Dietary Fiber for recipe made with whole wheat flour.

This recipe contains a good source of Iron and an excellent source of protein. It is also high in B-vitamins B6, Thiamin, Niacin, and Riboflavin.

