



Chicken Nuggets

Ingredients

¼ cup grated parmesan cheese
¼ cup dry seasoned bread crumbs
½ teaspoon paprika
¼ teaspoon pepper
⅛ teaspoon garlic powder
1 pound chicken breast or thighs, skinned and boned

Makes 4 servings

Instructions

1. In a plastic bag combine Parmesan cheese, breadcrumbs, paprika, pepper, and garlic powder. Shake until well combined.
2. Cut chicken into 1-inch cubes.
3. Put half the chicken pieces in the bag. Shake the bag to coat pieces evenly.
4. Arrange the pieces in a circle on a microwave-safe plate, cover with a paper towel.
5. Microwave on 100% power for 3-4 minutes, rotating the plate once.
6. Cut thickest nugget to check for doneness. Chicken should not be pink inside when done.
7. Repeat with remaining chicken. If desired use dipping sauce of your choice.

Notes:

- Use applesauce, barbeque sauce, or pizza sauce for dipping.
- Turkey could be used in place of chicken.

Nutrition Facts

Serving Size 5 pieces	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 260mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

16% calories from fat

Source: Cornell Cooperative Extension of Schoharie Country.

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