

BAKED CHICKEN NUGGETS

4 Servings, about 3 ounces each

Chicken thighs, boneless, skinless	1-1/2 pounds
Ready-to-eat cereal, cornflakes, crumbs	1 cup
Paprika	1 teaspoon
Italian herb seasoning	1/2 teaspoon
Garlic powder	1/4 teaspoon
Onion powder	1/4 teaspoon

PREPARATION TIME: 15 MINUTES

CONVENTIONAL COOKING TIME: 12 TO 14 MINUTES

MICROWAVE COOKING TIME: 6 TO 8 MINUTES

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

CONVENTIONAL METHOD

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

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MICROWAVE METHOD:

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

PER SERVING:

Calories	175
Total fat	8 grams
Saturated fat	2 grams
Cholesterol	67 milligrams
Sodium	127 milligrams