



Homemade Chicken Nuggets

Making chicken nuggets at home is a bit more work than just buying the frozen variety, but the outcome is so much better tasting and better for you! As with anything that's homemade, you have the ability to control the ingredients, including humanely raised pastured chicken, whole-grain breadcrumbs, and good-quality cooking oil. Cook a double

batch and you can have diner ready nuggets in the freezer any time!

Leftover cooked nuggets are great for lunch boxes.

1 pound boneless, skinless chicken breasts

Salt and ground black pepper, to taste

1 egg

1 cup whole-wheat breadcrumbs

¼ cup freshly grated parmesan cheese

½ teaspoon paprika

½ teaspoon garlic powder

Olive oil for cooking

1. Cut the chicken into 1 ½ -inch chunks and season with salt and pepper.
2. Lightly beat the egg in a shallow bowl. In another shallow bowl, combine the breadcrumbs, cheese, paprika, and garlic powder and mix with a fork. Set aside a large clean plate for the prepared chicken pieces.
3. Make one of your hands the “wet hand” (touching only the wet ingredients) and the other one the “dry hand” (touching only the dry ingredients). With your wet hand, toss some of the chicken chunks into the egg mixture until they are coated on all sides, then drop them on top of the breadcrumb mixture. With your dry hand, sprinkle some breadcrumbs on top of the chicken and flip the chicken pieces over a few times, until the pieces are evenly coated. Place the coated pieces on the clean plate while you bread the rest of the chicken.
4. Heat a thin layer of oil or ghee in a large sauté pan over medium-low heat. Add the chicken nuggets to the pan in batches and cook until they are golden brown on both sides and cooked all the way through, 5-6 minutes on each side. Cut a nugget down the middle to make sure it is fully cooked (no longer pink inside).
5. Transfer the nuggets to a plate lined with a paper towel to absorb any excess oil. Serve warm with your favorite sauce. Refrigerate or freeze the leftovers.

The recipe came from: 100 Days of Real Food cookbook