

CHICKEN NUGGETS

Ingredients:

- 1 1/2 cups seasoned breadcumbs
- Olive oil cooking spray
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 2 large eggs
- 2 tablespoons oat milk (or any milk)
- 2 pounds chicken breast



Instructions:

- (1) Heat oven to 400 and cut chicken into bite-sized pieces, set aside.
- (2) Roast breadcumbs on a cookie sheet in the oven for 2 minutes, stir, then bake an additional 2 minutes. Mix the roasted breadcrumbs with the seasoning.
- (3) In seperate bowl, whisk the milk and eggs. Piece by piece, coat the chicken in the wet ingredients, then toss in the dry ingredients.
- (4) Line a baking sheet with metal rack and spray with olive oil spray. Place the chicken on the rack and then spray the chicken with the spray as well. Bake for about 15 minutes.