

BW Baked Chicken Nuggets

INGREDIENTS

- 2 chicken breasts
- 3 tsp olive oil
- ½ tsp salt
- ½ tsp garlic salt
- ½ tsp Italian seasoning
- ¼ tsp oregano
- ¼ tsp black pepper
- 3 Tbsp panko breadcrumbs
- 2 Tbsp Parmesan cheese

DIRECTIONS

1. Add oil, salt, garlic salt, Italian seasoning, oregano and black pepper together in a bowl.
2. Mix the breadcrumbs and Parmesan cheese in a zip-top bag or bowl.
3. Cut the chicken into small, bite-sized pieces about an inch by half an inch.
4. Massage the chicken in the seasoned oil then place in the breading mixture. Press the breading into the chicken.
5. Place breaded chicken nuggets on a greased baking sheet in a single layer.
6. Bake each side for 8 minutes at 450°F.
7. Store any extras in an airtight container in the refrigerator.

Recipe found on bekahwalters.com