

Homemade Chicken Nuggets

Ingredients

2 pounds chicken breast meat (tenders, fillets) cut into 1-inch pieces/squares

1 cup flour of choice (wheat, rice, or [Bob's gluten free flour](#), for example)

1 cup Panko or other bread crumbs ([gluten-free option](#))

2 eggs

1 cup milk

1 teaspoon garlic salt (We use [Lawry's](#), because it has no MSG or artificial colors or flavors)

Canola oil (okay to use other vegetable oil, but don't use olive oil, because olive oil has a low smoke point, and will probably smoke)

Mix egg and milk together until combined in one bowl

Mix garlic salt with flour

Put flour mixture in separate bowl

Put Panko crumbs in separate bowl

(keep flour, panko and egg mixture in separate bowls)

Dip chicken in flour 1st, and egg mixture 2nd, then dip chicken in panko mixture last.

Preheat canola oil in pan, about an inch deep, until temp reaches 350 degrees F

Carefully place coated chicken pieces in oil, and cook until golden brown, about 10 minutes.

Place cooked chicken pieces on paper towel covered bowl to drain excess oil.

Makes about 20 nuggets

Recipe by Ronald and Deborah Hanyon MPH, RDN [Homeschooling Dietitian Mom](#) 2018

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