

Chicken Nuggets

The kids will love these little bites of crunchy goodness for a snack or for a quick lunch or dinner.

WHAT YOU NEED

- 2 skinless, boneless chicken breasts
- 1 cup all-purpose flour
- ½ cup cornmeal
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 egg
- ½ cup buttermilk
- ¼ cup canola oil

HOW TO MAKE THE NUGGETS

- 1 Wash chicken and remove any remaining skin or bone. Cut chicken into 1-inch pieces and set aside.
- 2 In a 1-gallon zipper-style plastic bag mix the flour, cornmeal, salt, and pepper. Set aside.
- 3 In a small bowl beat egg. Stir in buttermilk and set aside. In a medium skillet heat oil over medium heat.
- 4 Dip chicken, a few pieces at a time, in the egg mixture. See Photo A. Take the chicken out of the egg mixture; place inside the bag with the flour mixture. See Photo B. Seal bag and shake it well so flour mixture thoroughly coats the chicken. Repeat to coat all of the chicken with the egg mixture and the flour mixture.
- 5 Fry the chicken, a few pieces at a time, in the hot oil about 6 minutes or until golden brown and thoroughly cooked, turning once. See Photo C. Serves 6.



TIP

Let the kids decide what kind of dipping sauce they prefer for their nuggets. Try a mixture of honey and mustard or ranch dressing. Then serve this family favorite with fresh fruit, steamed carrots and a green salad.

