Baked Chicken Nuggets

Description

A parmesan crust gives these nuggets a cheesey taste.



Summary

Yield: 6
Prep Time: 45 minutes
Category: Poultry
Cuisine: American
Tags: Chicken Nuggets

Ingredients

- 3 skinless, boneless chicken breast
- 1 cup Italian seasoned bread crumbs
- 1/2 cup grated parmesan cheese
- 1 tsp salt
- 1/2 tsp dried thyme
- 1/2 tbsp dried basil
- 1/2 cup melted butter

Instructions

1. Preheat oven to 400°.

2. Cut chicken breasts into 1 1/2 inch sized pieces. In a medium bowl, mix together bread crumbs, cheese, salt, thyme and basil. Put melted butter in a bowl for dipping.

3. Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a wire rack that has been sprayed with Pam. Place rack on a cookie sheet. Bake for 15 minutes and then broil for 5 minutes.

Notes

Serve with an array of dipping sauces. Honey mustard, BBQ, Ranch or blue cheese.

This recipe also works with zucchini and mushrooms.