

## Healthy Chicken Nuggets

This recipe takes 10-15 minutes of prep time and 15-20 minutes in the oven. You can easily adapt it to the seasonings that your family likes most. The spice blend mentioned is available by mail order from [www.penzeys.com](http://www.penzeys.com). They have great cinnamon, Indian spice blends, and other spices. The Health Department has no financial ties with Penzeys or any other brands mentioned in any of the recipes.

Serve with baked potato wedges or sweet potato wedges (see separate recipes) and a basic green vegetable for a pretty easy and inexpensive dinner. If you serve it with potatoes, start baking the potatoes 15 minutes before the chicken so they'll all be ready at the same time. You can also serve it with the Asian salad (see separate recipe). This only takes about 10 minutes.

1 lb of skinless, boneless chicken breasts

1 ½- 2 cups Panko breadcrumbs

2 tbsp Penzey's Bangkok blend seasoning (it has lemon grass and a bunch of Thai seasonings with a little heat). You can substitute other seasonings, such as Herb d'Provence, or just add some black pepper

2 eggs

Preheat oven to 400 degrees. Position the rack in the lower half of the oven.

Put a piece of aluminum foil or parchment paper on a baking sheet and spray with cooking spray. This makes clean up very easy.

In a large zip lock bag, pour in the panko bread crumbs. Mix in Penzey's Bangkok Blend (it's salt-free). Beat 2 eggs in a bowl.

Cut the chicken breast into strips that you can eat with 3 bites

Dip a few chicken strips into the egg. With one hand, take the chicken out and drop in the zip lock bag. With the other hand, pull the chicken out and place on the baking sheet. Repeat for the remaining chicken.

Bake for 15-20 minutes.