

Homemade Chicken Nuggets

A recipe from American Heart Association Kid's Cookbook modified by KC Coake and posted on realcoake.com

Servings: 4

Prep & Cook Time: About 30 minutes

Ingredients:

- 1.75 cups Horizon Cheddar Snack Crackers
- 1/4 cup grated Parmesan cheese
- 3 tablespoons butter - melted
- 1/4 cup Horizon low fat milk
- 1/4 teaspoon pepper
- 1 pound boneless chicken tenders



Directions:

1. Preheat oven to 450 degrees.
2. Place snack crackers in a zipper bag and crush with a rolling pin or meat tenderizer (flat side).
3. Add grated parmesan cheese to bag. Set aside.
4. Mix melted butter, milk and pepper in a shallow dish or bowl.
5. Pat chicken tenders dry and season with salt and pepper.
6. Cut chicken tenders into bite sized pieces.
7. Dip chicken nuggets in milk mixture, taking care to coat all sides, and place in zipper bag three at a time.
8. Seal zipper bag and shake chicken nuggets until they are fully coated with the snack cracker and cheese mixture.
9. Place on a rimmed baking sheet and bake 4 to 5 minutes.
10. Remove from oven and turn nuggets over. Place back in the oven and cook for an additional 4 to 5 minutes or until the chicken is fully cooked and a little darker than golden brown.
11. Serve as is or with your favorite dipping sauce.