

Baked Chicken Nuggets

Make chicken nuggets at home using cereal crumbs, spices, and herbs.

Makes: 4 servings

Ingredients

- 1 ½ pounds chicken thighs, boneless, skinless
- 1 cup corn flakes cereal
- 1 teaspoon paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder



Directions

1. Preheat oven to 400°F. Lightly grease a cooking sheet.
2. Cut thighs into bite-sized pieces.
3. Place cornflakes in plastic bag and crush by using a rolling pin.
4. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
5. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
6. Place chicken pieces on cooking sheet so they are not touching.
7. Bake until golden brown, about 12-14 minutes.

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