

Crunchy "Oven-Fried" Chicken Nuggets

Ingredients:

10 classic or whole grain Melba toasts
(2 pouches)
1 tablespoon canola oil
1 egg
1 teaspoon Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon garlic powder
1 pound boneless, skinless chicken breasts,
cut into 2-inch "nuggets"

Directions:

Preheat the oven to 400 degrees. Place a cooling rack on a rimmed baking sheet. In a food processor, pulse the Melba toast until pieces are about 1/8 inch in size, with some smaller and larger pieces. Don't overprocess. Add oil and pulse once or twice, or until crumbs are just moistened. (You can also use a rolling pin or a meat mallet to crush the toasts in a zip-top bag. Then mix the oil and crumbs together in a bowl.) Transfer crumbs to a plate. In a bowl, beat egg. Add mustard, oregano, salt, and garlic powder and beat to combine.



Dip chicken in egg mixture, then in crumbs, pressing to coat all sides of the meat. Place on the rack. Bake for 15 minutes, or until cooked through.

Serves 4

Prep Time: 15 min. or less

Total Time: 30 min. or less

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The Great American Eat-Right Cookbook. Atlanta, GA:
American Cancer Society; 2007, www.cancer.org/bookstore.

Per Serving

Calories	230
Calories from Fat	70
Total Fat	8.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	3.6 g
Cholesterol	120 mg
Sodium	355 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Sugars	0 g
Protein	27 g



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