

## Baked Chicken Nuggets *Makes 4 servings, 3 ounces each*

1½ lb. chicken thighs, boneless, skinless	½ teaspoon Italian herb seasoning
1 cup ready-to-eat cereal, cornflakes, crumbs	¼ teaspoon garlic powder
1 teaspoon paprika	¼ teaspoon onion powder

1. Remove skin and bone\* from thighs; cut into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin. Add remaining ingredients and shake until blended.
3. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

### Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cookie sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

### Microwave Method:

1. Lightly grease an 8- by 12- inch baking dish and place chicken pieces so they are not touching.
2. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

\* To remove bone from chicken thighs: Place chicken on cutting board. Remove skin from thighs. Turn chicken thighs over and cut around bone and remove it.