Healthy Chicken Nuggets

**Ingredients:**

3- Chicken breasts- cut into bit size pieces on cutting board

1 egg (separate small bowl)

¼ C flour (separate small bowl)

½ C bread crumbs (separate small bowl)

**Directions:**

1. Preheat oven to 400
2. Cover pan with aluminum foil and lightly spray with cooking spray
3. Put flour in one **small** bowl
4. Crack egg into **another** **small** bowl
5. Beat egg with fork
6. Put breadcrumbs in **separate small** bowl
7. Place chicken nugget in with flour and roll around. Shake excess off in the same bowl
8. Dip chicken piece into egg- let excess drip into egg bowl
9. Roll chicken in bread crumbs
10. Put Coated chicken on cookie sheet
11. Spray tops of chicken nuggets with cooking spray
12. Bake in oven for 10 mins
13. Flip nuggets and bake for another 10 mins- until they are no longer pink in the center.