

# Crispy Chicken Nuggets & Zucchini Bites



*This baked chicken and broccoli really satisfies your craving for that crunch of fried snacks with fewer calories, fat, and sodium!*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>30 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

1½ cups	Whole Wheat Breadcrumbs
¼ cup	Parmesan Cheese, grated (1 oz)
2 Tbsp	Garlic Powder
2 Tbsp	Italian Seasoning
2 Tbsp	Smoked Paprika
¾ tsp	Kosher Salt
½ tsp	Black Pepper, ground
¼ tsp	Cayenne Pepper
4 large	Eggs, large
2 each	Zucchini or Summer Squash, cut into ¼" rounds (about 4 cups)
2 lbs	Chicken Breast, boneless and skinless

## CHEF'S NOTES

This recipe also works well with cauliflower florets and zucchini, sliced into 1" thick rounds.

The chicken and veggies can be served with many sauces for dipping like ranch, marinara, buffalo, barbecue, or honey mustard.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and line two half sheet trays with parchment paper or foil.
2. In a medium shallow bowl, using a fork, mix the breadcrumbs with the parmesan, garlic powder, Italian seasoning, smoked paprika, cayenne pepper, salt, and pepper. In a separate shallow bowl or dish, beat the eggs until well blended. Set aside.
3. After cutting the zucchini into rounds, prepare the chicken. Pat the chicken dry with a paper towel and cut into bite-sized portions, about 1-2 inches in diameter. Try to cut each piece the same thickness (1/2 inch) as this will ensure even cooking.
4. Starting with the zucchini, dip each round into the beaten egg. Using only one hand, allow the excess egg to drip off before placing into the breadcrumbs. Using your clean hand, toss evenly to coat then place the breaded rounds on one of the prepared sheet trays. Set aside.
5. When all the zucchini is breaded, repeat the same procedure with the chicken tenders, pressing each piece into the crumbs to ensure they are fully coated. Transfer to the second prepared sheet tray.
6. Bake both trays for about 8-10 minutes, until browned and crispy. The chicken should reach an internal temperature of 165°F. Enjoy with your favorite dipping sauce!

# Nutrition Facts

8 servings per container

**Serving size**

**4 oz chicken + 1/2 cup zucchini (230g)**

**Amount Per Serving**

**Calories 270**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 175mg **58%**

**Sodium** 460mg **20%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

**Protein** 35g **70%**

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 2mg 10%

Potassium 620mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, WHEAT

