

Crispy Chicken Nuggets & Broccoli Bites



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

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| YIELD 8 SERVINGS | PREP TIME 30 MIN | TOTAL TIME 45 MIN |
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INGREDIENTS

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| 1 cup | Whole Wheat Breadcrumbs |
| ¼ cup | Parmesan Cheese, grated (½ oz) |
| 1 Tbsp | Garlic Powder |
| 1 Tbsp | Italian Seasoning |
| 1 Tbsp | Smoked Paprika |
| ¼ - ½ tsp | Cayenne Pepper |
| ¾ tsp | Kosher Salt |
| ½ tsp | Black Pepper, ground |
| 4 large | Eggs, large |
| 4 cups | Broccoli, cut into florets (about 1 small head) |
| 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 broccoli into florets, 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 broccoli, dip each floret 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 florets on one of the prepared sheet trays. Set aside.
5. When all the broccoli 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 broccoli (241g)

Amount Per Serving

Calories 250

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 6g | 8% |
| Saturated Fat 1.5g | 8% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 175mg | 58% |
| Sodium 410mg | 18% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 4g | 14% |
| Total Sugars 2g | |
| Includes <1g Added Sugars | 2% |
| Protein 34g | 68% |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 8% |
| Iron 2mg | 10% |
| Potassium 690mg | 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

Recipe adapted from *Health meets Food*, Oven Fried Chicken Tenders (4/30/18)



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