

# #12

## HM Chicken Nuggets "Economical Eating" 1998 Workshop

- 2 lbs. boneless, skinless chicken
- 3 Tbsp. margarine, melted
- 2 tsp. Worcestershire sauce
- 1 cup finely crushed buttery crackers, such as Ritz
- ½ cup finely ground Parmesan cheese

Cut chicken into chunks. In bowl, stir together melted margarine and Worcestershire. Add chicken pieces and toss to coat.

In plastic bag, toss together crushed cracker crumbs and Parmesan cheese. Add chicken pieces a few at a time, shaking to coat. Place pieces in a single layer on a metal baking sheet. (Lining with foil will make for easier clean-up.) Bake at 450°F for 7-9 minutes, or until no longer pink. Yield: 10 servings of 4-5 nuggets each.

Credit as 4 nuggets = about 1-1/2 oz. meat.

Fargo provider Carolyn Aventi has modified this chicken nugget recipe for her child care by replacing the butter with egg whites, thus lowering the fat content. Carolyn also finds it handy, for quick take-from-the-freezer meals, to make home-made nuggets in large quantities and then freeze them on plastic wrap lined cookie trays. After several hours of freezing, Carolyn transfers the unbaked nuggets to zip lock baggies.