



## Clean & Hungry Chicken Nuggets



1/2 of recipe (5 nuggets): 179 calories, 3g total fat (0.5g sat. fat), 377mg sodium, 7.5g carbs, 1g fiber, 1g sugars, 28g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes

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### Ingredients

1/4 cup whole-wheat panko breadcrumbs  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets  
2 tbsp. egg whites (about 1 large egg's worth)

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, combine breadcrumbs with seasonings. Mix well.

Place chicken in another wide bowl. Top with egg whites, and flip to coat.

One at a time, shake chicken to remove excess egg, and coat with breadcrumb mixture. Evenly place on the baking sheet, and top with any remaining breadcrumbs.

Bake for 8 minutes. Flip chicken. Bake until slightly browned and crispy, about 8 more minutes.

MAKES 2 SERVINGS

**Air Fryer Alternative!** Set air fryer to 356 degrees. Cook until golden brown, about 13 minutes.

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