



Baked Chicken Nuggets

Prep Time: 10 minutes

Cook Time: 10-12 minutes

Yield: 4 servings

Ingredients

½ teaspoon Kosher Salt

½ teaspoon garlic powder

2 tablespoons avocado oil

16 ounces organic Chicken breast, cut into 1 inch pieces

½ cup Gluten Free Panko

Preparation

1. Preheat oven to 425 F
2. Coat chicken with salt, garlic powder and avocado oil.
3. Dip each chicken nugget in panko or breadcrumbs and coat evenly.
4. Place on baking sheet and bake for 10-12 minutes until internal temp of 165 F.

Recipe provided by Chef Teresa Hansen www.chefhansen.com