



Homemade Chicken Nuggets

The Ingredients

- 1 cup all-purpose flour
- 1 tablespoon seasoned salt
- 2 eggs
- 2 cups seasoned breadcrumbs
- 2 chicken breasts, cubed
- Non-stick cooking spray
- Salt and pepper to taste

Directions

- Preheat the oven to 400 F. Line a baking sheet with parchment paper.
- In a plastic bag, mix the flour, seasoned salt and some salt and pepper. In a bowl, mix the eggs with 2 tablespoons water. In a separate bowl, add the breadcrumbs.
- Shake the chicken pieces in the bag to coat. In batches, dip them in the egg wash, then in the breadcrumbs.
- Place on the prepared baking sheet. Spray each nugget with nonstick spray. Bake until browned and cooked through, 18 to 20 minutes.

[REFERENCE: FOOD NETWORK](#)