



Yummy Juicy Chicken Nuggets

NIBBLEDISH CONTRIBUTOR

Ingredients

1 pound skinless chicken breast

1 egg

Vegetable oil

Crumb mixture:

1 roll Ritz crackers

1/4 cup Parmesan cheese

Garlic salt

Black pepper

Seasoning for chicken:

Oregano

Couple dashes of paprika

Instructions

Season chicken for at least 20 minutes beforehand. Make sure chicken is dry by patting with kitchen towel. Cut into bite-sized pieces. Marinate with paprika and lightly

crushed oregano.

Combine crumb mixture, mixing well.

Lightly beat egg. (You may have to use more than 1 egg depending on size of the chicken pieces.)

Dredge chicken pieces in egg mixture, shaking off excess.

Coat chicken pieces with crumb mixture and set aside.

Heat vegetable oil in a deep pan or wok. A little bit of egg/crumb mixture dropped in will bubble when oil is hot enough. Deep fry chicken pieces till golden brown. (Do not overcook as this will make the chicken nuggets dry!)

Serve with ketchup! Yum....

Variants

You can bake instead for a healthy option. Heat oven to 375. Grease baking pan with cooking spray, place chicken pieces in single layer, and bake for 20 min or until no longer pink.

Substitute skinless thigh for breast.

Can also be done without egg for healthy option. The egg really helps the crumbs to stick to the chicken for a nice crust though.