

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>



### **HONEY BBQ CHICKEN NUGGETS**

There's something about chicken nuggets that make them one of the most popular kid foods in America! Missy uses it to her sneaky advantage. She substitutes “oven-frying” for deep-frying, and upgrades the breading so it becomes a nutritious food instead of just a layer of simple carbs to hold the frying fat. The dipping sauce can also add delicious covert nutrition—especially when you add spinach and blueberries to it.

Makes 4 servings

1/2 cup whole-wheat flour

2 large egg whites (about 6 tablespoons liquid egg whites)

1/2 cup Purple or Orange Puree (see Make-Ahead Recipe #1, p. 257 or #2, p. 258), divided

1/2 cup store-bought BBQ sauce, divided

2 tablespoons honey, divided

1/2 cup ground flax or wheat germ

1 cup crushed whole-grain cereal flakes (from about 2 cups of cereal)

1 pound boneless, skinless chicken breasts, cut into small nuggets

Salt and freshly ground pepper, to taste

Place flour in a shallow dish or on a plate. In another shallow bowl, beat egg whites with 1/4 cup of the Purple or Orange Puree, 1/4 cup of the BBQ sauce, and 1 tablespoon of the honey and place next to the flour. In a third shallow dish or on a paper plate, combine the ground flax and crushed cereal. Place remaining puree, BBQ sauce, and honey in a clean bowl and set aside to use as dipping sauce.

Dredge each piece of chicken in the flour, shaking off excess, then dip in the egg mixture, followed by the cereal mixture. Press the breading evenly onto both sides of the chicken. Put on wax or parchment paper and store in the refrigerator for cooking tomorrow or proceed to cook immediately.

Pan-fry method (higher fat and longer time standing at stove, but crispier):

Heat 2 tablespoons oil in a large skillet over moderately high heat until hot but not smoking. Add several nuggets of chicken at a time, pan-frying on one side until the crumbs look golden, about 2 to 3 minutes. Watch for burning, and turn down heat if necessary. With tongs, turn the pieces over and cook until golden, about 3 minutes. Reduce the heat to low until cooked through, about another 10 minutes. Blot cooked nuggets on paper towels to remove excess oil.

Oven-bake method (not as brown and crisp, but lower fat and less time standing at stove):

Preheat oven to 400 degrees. Place breaded nuggets on a lightly sprayed cookie sheet and bake for 10 to 12 minutes. Turn chicken nuggets over once with tongs, then return to oven for another 10 to 12 minutes until cooked through. Season with salt and freshly ground pepper, to taste. Serve with honey BBQ dipping sauce.

### **Nutritional Information**

Per Serving (144g): Calories 323; Total Fat 8g; Fiber 9g; Total Carbohydrate 54g; Sugar 21g; Protein 13g; Sodium 224mg; Cholesterol 10mg; Calcium 730mg

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>