



Coconut-Crusted Chicken Nuggets



1/2 of recipe (5 nuggets): 228 calories, 7.5g total fat (4.5g sat. fat), 241mg sodium, 9g carbs, 2g fiber, 1g sugars, 28.5g protein

Prep: 15 minutes **Cook:** 25 minutes



Ingredients

2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
1/8 tsp. coconut extract
1/4 cup whole-wheat panko breadcrumbs
3 tbsp. unsweetened shredded coconut
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. chili powder
1/8 tsp. garlic powder
1/8 tsp. each salt and black pepper
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
Optional dip: sweet Asian chili sauce

Directions

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

In a small bowl, mix egg whites/substitute with coconut extract.

In a wide bowl, combine breadcrumbs, shredded coconut, sweetener, and seasonings. Mix well.

Place chicken in another wide bowl. Top with egg mixture, 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 10 minutes.

Flip chicken. Bake until slightly browned and crispy, 10 - 12 more minutes.

MAKES 2 SERVINGS

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