



BBQ Chicken Nuggets from Hungry Girl Fast & Easy



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1/2 of recipe (5 nuggets): 308 calories, 3.5g total fat (0.5g sat. fat), 550mg sodium, 39g carbs, 3.5g fiber, 11g sugars, 28.5g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast, cut into 10 nuggets
3 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving, or more for dipping
1/3 cup panko bread crumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
8 oz. (about 1 medium) sweet potato, cut into 1-inch chunks
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, coat chicken with BBQ sauce. In a medium bowl, combine panko, garlic powder, and onion powder, and mix well. Lightly coat chicken with seasoned panko.

Place chicken on the baking sheet, and top with any remaining panko. Bake for 8 minutes.

Meanwhile, place sweet potato in a medium microwave-safe bowl. Cover and microwave for 3 minutes, or until slightly tender.

Flip chicken. Add sweet potato to the baking sheet, and sprinkle with salt and pepper. Bake until chicken is fully cooked and sweet potato has lightly browned, about 8 minutes.

MAKES 2 SERVINGS

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