



Big Bang Bang Chicken Nuggets



1/2 of recipe: 235 calories, 5g total fat (1g sat. fat), 515mg sodium, 16g carbs, 1g fiber, 8g sugars, 29g protein

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

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Ingredients

Nuggets

2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
1/8 tsp. plus dash cayenne pepper
1/4 cup whole-wheat panko breadcrumbs
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets

Sauce

1 tbsp. fat-free plain Greek yogurt
1 tbsp. light mayonnaise
1 tbsp. sweet Asian chili sauce
1 tsp. Frank's RedHot Original Cayenne Pepper Sauce
1 tsp. honey
Dash crushed red pepper flakes
Optional topping: chopped fresh cilantro

Directions

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

In a wide bowl, use a fork to whisk egg whites/substitute with 1/8 tsp. cayenne pepper.

In another wide bowl, mix breadcrumbs with remaining seasonings, including remaining dash of cayenne pepper.

Place chicken in the bowl with the egg mixture. Flip to coat.

One at a time, shake chicken nuggets to remove excess egg, and coat with breadcrumb mixture.

Evenly place on the baking sheet, and top with any remaining breadcrumbs. Bake for 8 minutes.

Flip chicken. Bake until slightly browned and crispy, 8 - 10 minutes.

Meanwhile, combine sauce ingredients in a small bowl. Mix until smooth and uniform.

Transfer nuggets to a large plate, and drizzle with half of the sauce. Serve with remaining sauce for dipping.

MAKES 2 SERVINGS

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Publish Date: March 17, 2017

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