

## FARMERS MARKET CHICKEN NUGGETS

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- Preheat oven to 350 degrees
- Cut **1 pound chicken breast** into bite-sized pieces (about 2-inches)
- In a medium bowl, mix together:
  - **1/2 cup whole wheat bread crumbs**
  - **1/2 Tablespoon Original Mrs. Dash Seasoning**, or to taste (or use your own mix of seasonings)
- Toss chicken nuggets in bread crumb mixture until well-coated
- Place on lightly greased baking sheet
- Spray lightly with olive oil
- Bake for 12 minutes
- Turn nuggets and bake another 10 minutes or until cooked through
- Serve with favorite dipping sauce



*Smith & Smith Farms Chicken*



*Breaded Chicken Nuggets*



*Chicken Nugget Dinner*

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