

# Crispy Baked Chicken Nuggets

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## **Ingredients**

1 cup crushed toasted whole wheat flake cereal  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon dried oregano, crushed  
1/8 teaspoon cayenne pepper (optional)  
1 egg white  
1 pound skinless, boneless chicken breasts, cut into 1-inch pieces

## **Directions**

Preheat oven to 450°F.

In a resealable plastic bag, combine crushed cereal, paprika, garlic powder, oregano, and, if desired, cayenne pepper.

In a small bowl, beat egg white with a fork. Dip chicken pieces into egg white, allowing excess to drip off. Add chicken pieces, a few at a time, to cereal mixture in bag; shake to coat well.

Place chicken pieces in a single layer in an ungreased shallow baking pan. Bake for 7 to 9 minutes or until chicken is no longer pink (170°F).