



# UW

## EXTENSION

### NUTRITION & FOOD SAFETY

#### RECIPE OF THE MONTH

## March



### Baked Chicken Nuggets

#### INGREDIENTS

3 skinless, boneless chicken breasts  
(approx. 1 lb.)

1 cup Italian seasoned breadcrumbs (or  
homemade Italian breadcrumbs\*)

½ cup grated Parmesan cheese

1 tsp. salt

1 tsp. dried thyme

1 Tbsp. dried basil

1 egg

#### DIRECTIONS

1. Preheat oven to 400°F.
2. Cut chicken breasts into 1½-inch pieces. In a medium bowl, mix together the breadcrumbs, cheese, salt, thyme, and basil.
3. Lightly beat egg in a shallow bowl.
4. Dip chicken pieces into the beaten egg, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a lightly greased cookie sheet in a single layer.
5. Bake in the preheated oven for 20 minutes, or until internal temperature of chicken reaches 165°F.



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### \*Homemade Italian Breadcrumbs

4 slices whole-wheat bread

½ tsp. salt

½ tsp. dried parsley flakes

½ tsp. black pepper

1. Preheat oven to 250°F.
2. Place bread slices on baking sheet and put into oven.
3. Bake until hard and golden brown, about 30 minutes. Remove and cool on wire rack.
4. Crumble slices into a large bowl until reduced to fine crumbs, or place in food processor and process until fine.
5. Add seasonings and toss to blend thoroughly.
6. Store in an airtight container.

### Nutrition Facts

Serving Size: 1/5 (0.0g)

Servings Per Container: 5

#### Amount Per Serving

**Calories** 220      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g      **9%**

Saturated Fat 2.5g      **13%**

*Trans Fat* 0g

**Cholesterol** 90mg      **30%**

**Sodium** 840mg      **35%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein** 23g

Vitamin A 4%      •      Vitamin C 0%

Calcium 15%      •      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.