

Homemade Chicken Nuggets

Gluten Free Dairy Free

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- Boneless Skinless Chicken Breast
- Bread Crumbs
- 2 eggs
- 2 tbsp water
- Vegetable Oil

Directions

These are so easy you will wonder why you didn't make them sooner!

Take a large skillet or fryer and heat oil to around 325 degrees.

In a medium bowl place 2 cups of bread crumbs. I make my own with cornflakes and Italian seasoning. You could use any cereal.

In another bowl beat the 2 eggs and water.

Now, take your chicken breasts and cut them into bite sized pieces. You can make as many as you want. I usually cut up at least 3 lbs at a time.

After chicken is cut up dip it into egg mixture, allowing the excess to drip off.

Then roll it into the bread crumbs.

Then drop into the hot oil.

If you are going to eat these immediately fry until cooked through.

If you are making them to go into the freezer, you will only want to fry for a few seconds on each side and then remove from the oil. Place chicken on a paper towel or on baking racks so the oil can drain off and the chicken can cool.

Once the chicken is cool. Place in a large freezer bag. Freeze until ready to cook. To cook. Place in a 400 degree oven for 10-15 minutes depending on the size of the nuggets.

Can be stored in the freezer for 3 months. Great for quick dinners instead of drive through! Also great to throw in baked pasta and make a quick baked chicken parmesan pasta!