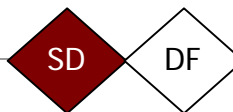


Healthy Swaps Chicken Nuggets with Homemade Barbecue Dipping Sauce



Recipe by: Chef Kelly Yorke

Kids love Chicken Nuggets but getting them at a fast food joint is not the healthiest scenario. By making them at home you can pride yourself with knowing you are serving your family a product that will be lower in fat, calories, and sodium and higher in fiber than what you can get at a Mac-Fast Food Restaurant. Extras nugget can easily be frozen for future quick use. Just re-heat them in a pre-heated 350° F oven until they are hot, and then serve them with Barbecue sauce, or another dipping sauce of your choice. Home-made barbecue sauce is easy to make and is lower in sugars and salts than a store-bought product.

Ingredients:

Nuggets:

1/4 cup	Whole wheat (Graham) Flour
1 – 1/2 Tbsp.	Chili Powder
1 tsp.	Paprika
1 Tbsp.	Garlic Powder
1/2 tsp.	Poultry Seasoning
1/2 tsp.	Ground Black Pepper
1/2 tsp.	Oregano
1/4 tsp.	Turmeric
1/2 tsp.	Salt
1 – 1/2 lbs.	Chicken Breasts, boneless, skinless
	Coconut Oil for Frying

Barbeque Sauce:

1 cup	Tomato Puree
1/4 cup	White or Cider Vinegar
1 Tbsp.	Brown Sugar
1/2 Tbsp.	Onion Powder
1 Tbsp.	Worcestershire Sauce
1/4 tsp.	Mustard Powder
1/4 tsp.	Freshly Ground Black Pepper
2 pinches	Cayenne pepper (optional)

Directions:

1. Combine flour, Chile powder, paprika, garlic powder, poultry seasoning, pepper, oregano, turmeric and salt together in a shallow bowl. Set aside.
2. Pat boneless, skinless chicken breasts dry with paper towels and pound them gently between plastic wrap using the flat side of a meat mallet to slightly flatten breasts to a thickness of about 1/2 inch. Cut the flattened meat into approximately twenty four 1-ounce strips or forty eight 1/2-ounce nuggets. Dredge or shake the chicken pieces in the seasoned flour mixture. Lay the flour-coated pieces on a wax paper covered tray and let them rest for 30 minutes at room temperature to allow the coating to set.
3. Fry pieces in batches in a pot filled with about 1-2 inches of coconut oil that has been heated to about 350° F. Fry pieces until they are cooked completely through (test by cutting one of the biggest pieces in half to ensure it is no longer pink in the center). Drain strips on absorbent paper towels and keep warm in a 250° F oven.
4. In a saucepan combine the Barbeque Sauce ingredients. Bring mixture to a simmer and cook for 5 minutes. Remove from heat and portion sauce among four small sauce cups or ramekins.
5. Serve four chicken strips or 8 nuggets with one sauce cup (about 1 – 1/2 to 2 ounces) of barbeque dipping sauce per diner.

Option: Instead of Frying chicken pieces in oil, they can be baked in an oven. Skip step #3 (above) and instead, spray the surface of the rested flour-coated chicken pieces with vegetable cooking spray. Turn pieces over and spray other side. Place sprayed pieces on a cookie sheet (one layer thick) and bake in a 350° F oven until pieces are cooked completely through and no longer pink in the center.

YIELD: 6 Servings

Per Serving: 178 Calories, 13g Carbohydrates, 4g Fat, 23g Protein, 2g Dietary Fiber, 53mg Cholesterol, 359mg Sodium

Per Comparable Fast Food Serving: 395 Calories, 35g Carbohydrates, 21g Fat, 17g Protein, 0g Dietary Fiber, 49mg Cholesterol, 1,051mg Sodium