



Your one-stop **Canuck Shop!**



CAP'N CRUNCH LOW FAT CHICKEN NUGGETS

454g skinless, boneless chicken breast
¼ cup all purpose flour
½ tsp garlic powder
½ tsp onion powder
¼ tsp salt
2 egg whites
¼ cup skim milk
3 cups **Cap'n Crunch** cereal

PREHEAT oven to 180C. Cut chicken breast in 2.5cm square nuggets (slice thicker meat pieces in half to make thinner nuggets).

COMBINE flour, garlic powder, onion powder and salt in a small bowl. In another bowl, beat egg whites and milk together. Coarsely crush Cap'n Crunch cereal and place in separate bowl.

COAT each nugget in the flour mixture, then in egg wash and finally in the Cap'n Crunch.

SPRAY a cookie sheet with non-stick cooking spray. Place coated nuggets on sheet and bake for 10 minutes. Flip nuggets over with a spatula. Bake for an additional 10 minutes or until the centre of the chicken pieces are no longer pink. Watch nuggets closely near the end of cooking time so that they do not get too brown.

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