

CHICKEN BITES



Recipe developed by Paige Vondran

DIRECTIONS

- Preheat the oven to 350°F.
- Weigh the ingredients using a gram scale.
- Chop the potato chips using a food processor.
- In a small bowl, combine the mayonnaise, egg, and ground chicken.
- Add the ground potato chips into the mixture.
- Stir until smooth using a small rubber spatula.
- Season to taste with salt and onion powder.
- Spray a silicone mold with nonstick cooking spray.
- Scoop mixture into the molds dividing evenly.
- Bake for 20-25 minutes until the bites are a golden brown.

	Ingredients	Exchanges
Protein	23.2 g ground chicken, dark & light meat	2.7
	15 g raw egg	1 (-1 g fat)
Fat	19 g mayonnaise	4 (-1 g)
Carb	2.1 g potato chips, plain salted	1.3
Other	salt, onion powder	

VARIATIONS

- When adjusting this recipe to your child’s personal meal plan, the exchange amount of mayonnaise should be no more than four times the exchange amount of egg.
- This recipe can be made with other proteins such as ground turkey, pork, veal or beef.
- This recipe freezes well for up to two months. It is recommended to defrost in a toaster oven, oven, or stove top.