

CHICKEN NUGGETS



Recipe developed by Lianne Dimarco

	Ingredients	Exchanges
Protein	23.3g ground chicken, dark & light meat	2.7
	4.7g parmesan cheese	1
Fat	10g mayonnaise	2
Other	salt, onion powder	

DIRECTIONS

- Preheat the oven to 350°F.
- Weigh the ingredients using a gram scale.
- Mix together the mayonnaise, parmesan cheese, and ground chicken.
- Season to taste with salt and onion powder.
- Cover a baking sheet with aluminum foil or parchment paper.
- Gently drop spoonfuls of the mixture creating small mounds.
- If you'd like, you can mold the nuggets with your fingers to create a specific shape.
- Bake for 15-20 minutes until the nuggets are a golden brown.

VARIATIONS

- This recipe may be adjusted as needed to your child's individual meal plan.
- This recipe can be made with other proteins such as ground turkey, pork, veal or beef per your child's preferences.
- This recipe is freezer friendly. It is recommended to defrost in a toaster oven or stove top.