

**Chicken Nuggets: Makes 16—1 oz nuggets**

**Did you know?** You can get the fried food taste without the fried food fat.

3 cups corn flakes

1/3 cup grated parmesan cheese

1/4 tsp onion powder and garlic powder

2 large eggs, beaten

1 pound skinless, boneless chicken cut into nugget size pieces

Crush cornflakes, cheese, spices and flour in plastic bag. Dip chicken pieces in egg then in cornflake mixture. Arrange nuggets on greased baking sheet. Bake for 12 minutes at 425 degrees, until golden brown.