

## 10 Tips for Stress Free Summer Cooking!

### Main Dishes - Poultry

### Chicken Nuggets

Servings:	36	72	108	144	180	216
<b>Ingredients:</b>						
chicken breasts; boneless, skinless, cut into nuggets	2 lbs.	4 lbs.	6 lbs.	8 lbs.	10 lbs.	12 lbs.
<b>Sauce:</b>						
milk	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
ranch dressing; bottled	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
<b>Coating:</b>						
bread crumbs or cracker meal	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
paprika	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.

#### Assembly Directions:

Mix sauce ingredients together well with a wire whisk, mixer or spoon. Cut chicken breasts into nuggets. Place all of the chicken pieces in the sauce and stir well to coat. Place coating in a plastic bag, bowl or other container with a lid. Place about 18 nuggets into coating mixture. Seal bag or container and shake well to coat pieces. Repeat until all nuggets are coated. Place nuggets on spray-treated or greased baking sheets and bake at 375° for 15-20 minutes, turning once. Remove from oven and cool on baking sheets.

#### Freezing and Serving Directions:

When cool, place trays of nuggets in freezer and freeze until firm. Place frozen nuggets in freezer bags or rigid containers. Label and freeze.

To serve, place frozen nuggets on a baking sheet and reheat at 400° for 5-10 minutes until sizzling and hot.