
Chicken Nuggets

Thrive! Serving Notes: 6 oz. chicken counts as a Category IV meat portion since whole egg is in the batter. Makes 4 servings.

Ingredients:

1 ½ lb	Chicken tenderloins	1 tsp.	Salt/pepper blend
4 slices	Thrive! approved bread	2	Eggs, beaten
1 tsp.	Italian seasoning	1/3 C	MCT oil
1 tsp.	Hot sauce		

Directions:

Toast 4 slices of bread in 200° oven for 20 minutes until dry. Make fine crumbs from bread (in food processor, or on a cheese grater, the smaller the crumb, the better.) Cut the chicken tenderloins into 2 or 3 pieces. Combine the bread crumbs and all dry seasonings in a bowl. Dip the chicken in egg. Then coat the chicken in bread crumb mixture. Heat the oil in a large frying pan. Over medium heat, add the chicken in two batches and cook for 4-5 minutes or until golden.