



FAB RECIPE – WEEK OF 26 FEBRUARY 2012

Crispy Chicken Bites



Fast-food nuggets have nothing on these delicious morsels. The crispy almond-based coating and yummy honey-mustard sauce will make this quick dish a family favorite in no time. For more kid-friendly, Tosca-approved meal ideas, pick up your copy of [*The Eat-Clean Diet® for Family and Kids*](#).

Nutritional Value per 4 nuggets:

Calories: 100

Calories from Fat: 32

Fat: 3.5 g

Saturated Fat: 0.5 g

Trans Fat: 0 g

Protein: 12 g

Carbohydrates: 7 g

Dietary Fiber: 2 g

Sodium: 320 mg

Cholesterol: 0 mg

Nutritional Value Per ¼ tsp sauce:

Calories: 13

Calories from Fat: 0

Fat: 0 g

Saturated Fat: 0 g

Trans Fat: 0 g

Protein: 0 g

Carbs: 3 g

Dietary Fiber: 0 g

Sodium: 60 mg

Cholesterol: 0 mg



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YIELD: 6 servings (20 to 25 nuggets)

PREPARATION TIME: 15 minutes

COOKING TIME: 10-15 minutes

Ingredients

- 3 x 6-oz / 170-g boneless, skinless chicken breasts
- ¼ cup / 60 ml oat bran
- ¼ cup / 60 ml wheat germ
- 1 Tbsp / 15 ml coarsely ground flaxseed
- ¼ cup / 60 ml coarsely ground almonds
- ½ tsp / 2.5 ml sea salt
- ½ tsp / 2.5 ml white pepper
- Pinch garlic powder
- ½ cup / 120 ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

Preparation

1. Preheat oven to 400°F / 232°C. Prepare baking sheet by lining with parchment paper or coating lightly with extra virgin olive oil.
2. Cut chicken breasts into nugget-sized pieces, about 1½ inches square. Set aside.
3. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
4. Combine water and egg in a medium bowl. Dip each piece in the water-egg white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated.
5. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10-15 minutes or until golden.

Clean-Eating Honey Mustard Sauce

Ingredients

- 1½ tsp / 7.5 ml honey
- 1 Tbsp / 15 ml Dijon mustard

Preparation

1. Mix well.

Tosca's Tip

Use the almond coating on larger strips of chicken breast to make chicken tenders for the adults!

Source: www.eatcleandiet.com/recipes