



## INGREDIENTS:

- 3 skinless, boneless chicken breasts
- 1 cup Italian seasoned breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tablespoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ cup butter, melted

## DIRECTIONS:

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Cut chicken breasts into 1 1/2-inch pieces. Mix the breadcrumbs, Parmesan, basil, thyme, and salt together well in a medium bowl. Put melted butter in a bowl or dish for dipping.
3. Dip chicken pieces into the melted butter first, then coat with the bread crumb mixture. Place the well-coated chicken nuggets on a lightly greased cookie sheet in a single layer.
4. Bake nuggets in the preheated oven until browned and chicken is cooked through, about 20 minutes.

## BALANCING MEAL IDEAS:

- Eat this with or in a salad with a green leafy vegetable as the base (spinach, kale, etc...)
- Eat this with a side of fruit, such as: sliced apples, sliced oranges, berries, etc....
- Eat with sweet potato or regular fries/potatoes

Reference: <https://www.allrecipes.com/recipe/8849/baked-chicken-nuggets/>