



Spicy Chicken Nuggets & Honey Dijon Dipping Sauce

INGREDIENTS (6 servings)

- Vegetable oil cooking spray
- 1 ½ cups cornflakes
- 1/3 cup grated Parmesan cheese
- 1 ½ teaspoons Cajun seasoning
- ½ cup low fat buttermilk
- 1 ½ pounds boneless, skinless chicken breasts
- 1/3 cup Dijon mustard
- ¼ cup low fat mayonnaise
- 3 tablespoons honey

DIRECTIONS

1. Preheat the oven to 450 degrees Fahrenheit.
2. Line a baking sheet with aluminum foil or parchment paper and lightly spray with vegetable oil cooking spray. Place cornflakes in a heavy duty zippered-lock plastic bag and crush using a rolling pin. In a medium bowl, place crushed cornflakes, Parmesan cheese and Cajun seasoning; mix to combine.
3. Place buttermilk in a small bowl. Cut chicken breasts into 24 chunks. Dip each chicken chunk into the buttermilk and then roll in the crumb mixture until all sides are coated. Place chicken on prepared baking sheet and lightly spray nuggets with oil. Bake 4 to 5 minutes, remove from oven and flip the nuggets over. Return nuggets to oven for another 4 to 5 minutes until chicken is golden brown and cooked throughout.
4. To prepare the dipping sauce, whisk together the mustard, mayonnaise and honey in a small bowl until smooth. Serve with chicken nuggets.