

Chicken Nuggets

Servings: 8

Ingredients:

Oil for frying

2 eggs

1/2 cup milk

1/2 cup honey

2 cups all-purpose flour

2/3 cup white sugar

4 skinless, boneless chicken breast halves -cut into bite-size pieces

Directions:

1. Heat oil in skillet. Arrange paper towels on a platter.
2. In a medium bowl, beat together eggs, milk, and honey; set aside. Combine flour, and sugar in a large re-sealable plastic bag; shake until blended. Dip chicken in egg mixture, and then add to flour mixture. Seal the bag, and shake to coat chicken with flour mixture.
3. Place 10 to 12 coated chicken nuggets into hot oil. Cook about 7 minutes (nuggets will be a dark bronze color). Remove nuggets from oil, and drain well on paper towels. Repeat till all nuggets are cooked.
4. Place nuggets on foil lined 9X13 pan that has been sprayed with PAM and cover with aluminum foil.
5. Day 2- Bake 350°F for 30 minutes.