

## Nutty Chicken nuggets

1 lb boneless skinless chicken, cut into chunks  
deg  
1 egg beaten, add some milk  
2/3 C panko or seasoned bread crumbs  
2/3 C chopped pecans

475

Season chicken with salt and garlic powder. Dip in egg and coat with panko mixed with the nts. Line pan with foil and spray with pam. Place chicken on pan then spray with pam. Bake 18 min, turning once.

Sauce (mix together) –  
¾ cranberry sauce  
3 T chili sauce or ketchup  
2 tsp mustard