

Chicken Wiz-Nuggets

Good time meals to make, and the kids can help!

Chicken Wiz-Nuggets with Honey Mustard Dipping Sauce

Recipe tweaked to perfection by the Spice Wizard – Jeffrey M. Barnosky

Recipe Summary

Prep Time: 10 minutes	Cook Time: 15 minutes
Yield: 12 servings	

2 cups crushed sour-cream-and-onion-flavored potato chips
1 egg
2 tablespoons milk
6 chicken breast fillets, cut into 1 1/2-inch cubes
1/3 cup butter, melted
Honey Mustard, recipe follows
Preheat the oven to 350 degrees.

Spread the crushed potato chips in a shallow dish. Beat together the egg and milk in a shallow bowl. Dip the chicken cubes into the egg mixture and then dredge them in the chips. Place the chicken nuggets on a baking sheet and drizzle with melted butter. Bake for 15 to 18 minutes, or until golden brown. The chicken nuggets can be frozen after baking. Serve with your favorite sauce, such as honey mustard or ranch dressing.

Honey Mustard:

3/4 cup mayonnaise
3 tablespoons honey
2 tablespoons yellow mustard
1 tablespoon lemon juice or juice from 1/2 lemon
Horseradish, to taste
Ground white pepper, to taste
2 tablespoons orange juice (more or less as needed)

Combine all ingredients except orange juice; stir well. Thin to pouring consistency for dressing or dipping consistency for dips with orange juice. Cover and chill for 2 or 3 hours.

Yield: 1 1/4 cups
Prep Time: 5 minutes
Cook Time: None
Ease of preparation: Easy