



Gluten Free, Egg Free Chicken Nuggets

4 servings

Ingredients

Cooking Spray

1 cup cornmeal

1 teaspoon garlic powder

½ teaspoon salt

½ teaspoon ground black pepper

2 Tablespoons (or 2, 0.25 ounce, packets) granulated gelatin

2 Tablespoons warm water

½ cup boiling water, divided

1 cup crushed gluten free Rice Chex cereal

1 pound boneless, skinless chicken breast, cut into 1 inch chunks

Instructions

1. Preheat oven to 350 degrees. Coat a baking sheet with cooking spray and set aside.
2. Add the cornmeal, garlic powder, salt and pepper to a bowl and combine well.
3. Add the gelatin to another bowl and pour the 2 Tablespoons warm water over it. Whisk vigorously until starting to froth. Pour ¼ cup boiling water over and whisk again until dissolved and very frothy (should look like egg whites). Keep the extra boiled water handy if you need to warm up the gelatin by adding a little extra in and whisking.
4. Add the crushed cereal to a third bowl.
5. Working in batches, toss the chicken chunks in the cornmeal, then lightly coat each piece with the gelatin then coat in the Rice Chex. Place on the baking sheet in an even layer. Repeat to complete all nuggets.
6. Spray the top of the nuggets with more cooking spray, then bake for 25 minutes, turning half way through the cooking time.