



Taco Chicken Nuggets

 PREPARATION TIME
30 minutes

 COOKING TIME
20 minutes

 PERFECT PARTNER
fresh salsa



MONEY
Cook's
SAVER

A box of cornflake cereal lets you make all the crumbs you need without running to the market. Other flake cereals that you may have in the pantry—such as oat or wheat—make delicious crumbs, too.

SHOPPING LIST

- chicken breasts
- cornflakes
- taco seasoning mix
- sour cream

ON HAND

- flour • butter • egg

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1/4 cup butter or margarine
- 1 egg
- 2 tablespoons water
- 3/4 cup cornflake crumbs
- 1 envelope taco seasoning mix
- 1/2 cup all-purpose flour
- 1/2 cup sour cream

SERVES 4

COOK'N *Express*

- For a quick side dish of fresh potato chips, make a double-batch of cornflake mixture to coat two thinly sliced potatoes.

Deep-fry the potato slices in hot oil or arrange in a single layer on a greased baking sheet and bake alongside the chicken.

Make Ahead

These chicken nuggets make an inexpensive hors d'oeuvre for unexpected guests.

Cook a double-batch; cool and freeze half of the nuggets for up to 1 month.

- 1 Preheat oven to 375°F. Pound chicken to 1/4-inch thickness between sheets of waxed paper. Cut into bite-size pieces. Melt butter in a shallow baking sheet in the oven.



- 2 Beat egg and water in a dish. Combine cornflake crumbs and taco seasoning mix in a plastic bag; shake to mix well.

- 3 Coat chicken lightly with flour in a bowl. Dip into egg mixture, letting excess drain. Place in cornflake mixture; shake until completely coated.



- 4 Arrange chicken on prepared baking sheet; do not allow nuggets to touch. Bake, turning once, for 20 minutes or until golden brown. Drain on paper towels, if necessary. Serve with sour cream.

♦ VARIATION

Dip these golden nuggets in hot salsa for fiery Mexican fare.