

# Oven-baked Chicken Nuggets



## Ingredients

1 5-oz. can chicken, strained and rinsed

1 large egg

¼ cup mozzarella cheese

¼ cup parmesan cheese

Spices to taste (we used salt, pepper, and garlic and onion powder)

Cooking spray

## Instructions

Preheat oven to 400 degrees F. Line baking tray with parchment paper or silicone baking mat.

In a medium bowl, add all ingredients and mix well.

**Note:** Some people put the mixture through a food processor so it's smoother.

Roll mixture into balls (you can use your hands or a small cookie dough scoop) and place on baking tray. Shape into chicken nugget shapes or shapes of choice.

Spray nuggets with cooking spray and bake 10-15 minutes. Flip halfway through and spray other side with cooking spray.

Serve with your favorite dipping sauce and veggie fries.

**Air fryer instructions:** Preheat air fryer to 350 degrees F. Place nuggets in air fryer, spray with cooking spray, and cook for eight to 10-15 minutes until crisp. Flip halfway through and spray other side with cooking spray.

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