

Crispy Onion Baked BBQ Nuggets

Serves: 4 Print

Ingredients:

- ½ cup bbq sauce (I used Stubbs Smokey Brown Sugar)
- 2 tbsp water
- 2 cups french fried onions, crushed
- ½ cup panko
- 1 lb chicken tenderloins, chopped into 1 inch pieces
- ½ tsp salt
- cooking spray

Directions:

1. Preheat oven to 400 degrees. Line a baking sheet with foil, and spray with cooking spray.
2. To a shallow bowl, add bbq sauce and water. Whisk until combined. To a second bowl, add crushed french fried onions and panko. Mix to combine. To a third bowl, add chicken pieces and salt, and toss to evenly coat all the chicken.
3. Using tongs, take one piece of chicken, dip it in bbq mix, and shake off any excess sauce. Dredge chicken in onion mix, and press gently to help adhere to the chicken. Place on prepared baking sheet, and repeat with remaining chicken.
4. Spritz the top of the chicken lightly with cooking spray, and bake for 10-15 minutes until the internal temp reaches 165 degrees. Enjoy!

Recipe notes:

*These nuggets are so delish on their own, they don't need any sauce. But, they pair great with a ranch sauce, a cheese sauce, or even some more bbq sauce if you need a dipper.

*These work great as an appetizer bite, but they're also incredible on top of a creamy bowl of mac and cheese.

*Use your favorite bbq sauce, but I really like a sweet and smokey flavor for this.