

Elizabeth's Edible Experience

Chicken Nuggets and Honey Mustard

Adapted Cooking Light [September 2012](#)

Ingredients

Chicken nuggets:

- 4 (6-ounce) skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1/3 cup low-fat buttermilk
- 1/3 cup dill pickle juice
- 1 1/2 cups panko (Japanese breadcrumbs)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons water
- 1 large egg, lightly beaten

Sauce:

- 1/4 cup canola mayonnaise
- 1 tablespoon honey
- 1 tablespoon yellow mustard
- 1 teaspoon Dijon mustard

Preparation

1. To prepare the chicken nuggets, combine first 3 ingredients in a large zip-top plastic bag. Marinate in refrigerator 1 hour, turning occasionally.
2. Place panko in a large skillet; cook over medium heat 3 minutes or until toasted, stirring frequently.
3. Preheat oven to 400°.
4. Remove chicken from marinade; discard marinade. Sprinkle chicken evenly with 1/4 teaspoon kosher salt. Place panko in a zip-top plastic bag. Combine 2 tablespoons water and egg in a shallow dish; dip half of chicken in egg mixture. Add chicken to bag; seal and shake to coat. Remove chicken from bag; arrange chicken in a single layer on a baking sheet. Repeat procedure with remaining egg mixture, panko, and chicken. Bake chicken at 400° for 12 minutes or until done.
5. To prepare sauce, combine mayonnaise and remaining ingredients in a medium bowl; stir to combine. Serve with chicken nuggets and potato chips.