Baked Chicken Nuggets

PREP TIME: 10 minutes  
COOK TIME: 10 minutes  
SERVES: 4 servings

INGREDIENTS:
- Nonstick cooking spray
- 1 egg
- ½ cup milk
- ¼ teaspoon salt
- 4 cups cornflakes
- 2 boneless, skinless, raw chicken breasts, cut into small pieces

STEPS:
1. Preheat oven to 375°F.
2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
4. Mix egg, milk, and salt with fork in a small bowl.
5. Place cornflakes in a sealable plastic bag, seal, and crush into tiny bits.
6. Dip chicken pieces in the beaten egg and milk mixture, then drop the chicken pieces into the plastic bag of cornflakes and seal. Shake to coat evenly.
7. Place nuggets in a single layer on the baking sheet.
8. Bake 10 minutes. Check for doneness, and continue baking if needed. Nuggets are done when they are golden brown and have no pink on the inside when cut open.
9. Serve with ketchup or barbecue sauce.
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.