



Quick 'n Easy Chicken Bites

This simple chicken recipe is designed for our beginner chefs. In just a few easy steps you'll create mouth watering, moist and tangy seasoned chicken breasts. Chicken is a primary animal protein and a healthy alternative to red meat. Whether it is roasted, grilled, broiled, baked, or barbequed, it is available to enjoy throughout the year. These Quick 'n Easy Chicken Bites are delicious dipped in salsa, honey mustard, or even yogurt!

Prep: 10 minutes • Total: 30 minutes

Ingredients:

Sweet pickle relish	¼ cup	50 mL
Regular mustard	¼ cup	50 mL
Cumin	½ tsp	2 mL
Basil	1 tsp	5 mL
Dry bread crumbs	½ cup	125 mL
Boneless, skinless chicken breasts	3 large	3 large

Directions:

1. Pre-heat oven to 425°F. Line a large rimmed baking sheet with foil and lightly oil.
2. In a large bowl, stir relish with mustard and then stir in the cumin and basil. Place bread crumbs in a pie plate or bowl.
3. Slice each chicken breast into 5 or 6 chunky nuggets. Add a few pieces to the relish mixture and stir to evenly coat.
4. Remove one piece at a time and place in bread crumbs to coat. Shake off excess, the place on foil and repeat with remaining pieces.
5. Bake in centre of pre-heated oven until chicken is golden and cooked through (20-25 minutes).

Nutrition Facts

Serving Size (119g)
Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 400mg **17%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 28g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Chatelaine, 2009

Makes 4 servings (75g / serving) • 1 serving = 4 small pieces

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