



CAPTAIN COOK'S BAKED POTATO CHIP CHICKEN NUGGETS

These baked, not fried, bite size nuggets are sure to please. The chips remain crisp during baking and have a salty, crunchy texture. Experiment with some different flavors of chips, such as salt and vinegar or BBQ.

1 organic whole chicken breast, cut into small pieces

1 organic egg

2 Tablespoons organic milk

8 oz bag organic potato chips (any flavor)

1. Preheat oven to 400°.
2. Whisk egg in small bowl and add milk.
3. Crush potato chips in plastic gallon baggie with back of wooden spoon bag until fine crumbs. (Kids love this part)
4. Dip chicken pieces with fork, one by one into egg mixture and then place into chip bag, until you have 5 or 6 pieces in bag.
5. Shake bag to coat the chicken with chip crumbs (make sure bag is sealed tightly)
6. Place coated nuggets on greased cookie sheet.
7. Repeat with remaining chicken pieces.
8. Bake for 20 minutes, flipping once (no pink inside)
9. Yields 20 nuggets

Tip: Inform your child that raw egg and chicken may contain bacteria. A fork should be used to handle the chicken. Hands should be washed thoroughly after contact. Resist the temptation to put a chip in your mouth if you have egg or raw chicken on your hands.

Always look for organic chicken which contains no hormones or antibiotics and has been fed a proper vegetarian, pesticide free diet.