TWBoys Chicken Nuggets

Ingredients:

1 pound chicken breasts, boneless & skinless cut into chunks

1/4 cup old fashioned oats (also known as 5 minute oats)

1/4 teaspoon dried parsley

1/2 teaspoon garlic powder

1/4 teaspoon onion powder

1/2 teaspoon kosher salt

3/4 cup panko bread crumbs

1 tablespoon parmesan cheese, grated

Preparation

1. Preheat oven to 375° F
2. Place the first 6 ingredients in a bowl and mix together
3. Scoop into Tupperware Fusion Master and grind until all chicken is done
4. Place the bread crumbs and parmesan cheese in a shallow bowl or on a plate and stir to combine
5. Scoop ingredients into Tupperware Snack Press with square attachment and press out into strips
6. Cut strips into small squares using the Snack Press divider
7. Gently shape each nugget and press into bread crumbs to evenly coat them
8. Place nuggets on a Tupperware Wondermat on top of a cookie sheet
9. Bake for 15 minutes and serve, then flip over and cook for an additional 5 minutes

To freeze, place nuggets on a sheet tray after this step and freeze for one hour. Place nuggets in FreezerMates for up to 3 months. When ready to cook, follow the directions starting with step #6.