



Nutty Chicken Nuggets

If you're looking for a healthy finger food to serve during the week, these almond coated chicken nuggets are just the thing. They have all the delectable crispy taste of traditional chicken nuggets but with half the calories!

Ingredients

1-1/2 cups finely chopped cooked chicken
1/3 cup chopped almonds, toasted
1 cup chicken broth
1/2 cup canola oil
2 teaspoons Worcestershire sauce

1 tablespoon dried parsley flakes
1 teaspoon seasoned salt
1/2 to 1 teaspoon celery seed
1/8 teaspoon cayenne pepper
1 cup all-purpose flour
4 eggs

Directions

Combine the chicken and almonds; set aside. In a saucepan, combine the next seven ingredients; bring to a boil. Add flour all at once; stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes.

Add eggs, one at a time, beating well after each. Beat until smooth. Stir in chicken and almonds. Drop by heaping teaspoonfuls onto greased baking sheets or air fry per instructions. Bake at 450° for 12-14 minutes or until golden brown. Serve warm.