



These nuggets also make a good, fast weeknight meal that you can keep on standby. To freeze, spread the unbaked nuggets on a baking tray and freeze solid (about 2 hours). Store in an airtight container. Bake unthawed in a 400°F oven for 14 to 17 minutes.

Chicken Nuggets With Chipotle Sauce

Chipotle Sauce

- 1 tablespoon vegetable oil
- 1½ cups diced red onion
- 2 cloves garlic, minced
- 1 can (15 ounces) apricot halves packed in light syrup
- 1 small chipotle pepper in adobo
- ¼ cup ketchup
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt

Chicken Nuggets

- 3 small cloves garlic
- ½ cup parsley or cilantro sprigs
- 6 slices (9 ounces) whole-grain sandwich bread, preferably stale, torn into small pieces
- ½ cup grated Parmesan cheese (about 2 ounces)
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons chilled butter, cut into small pieces
- 2½ pounds skinless, boneless chicken breasts, cut into 1-inch cubes
- ¼ cup milk



1. Make the sauce: In a large skillet, heat the oil over medium heat. Add the onion and garlic, and cook until softened, about 5 minutes. Cool. Transfer to a food processor.
2. Reserving the syrup, drain the apricots and add them to the processor. Add ¼ cup of the reserved syrup, the chipotle, ketchup, vinegar and salt, and process to a smooth puree. Refrigerate until serving time. *(You can make the sauce up to 1 week ahead.)*
3. Make the nuggets: Preheat the oven to 400°F. Lightly oil a baking sheet.

4. In a food processor, process the garlic and parsley until finely chopped. Add the bread, Parmesan, salt and pepper, and pulse until the bread is coarsely crumbed. Add the butter and process until completely incorporated. Divide the breading in half and place in two separate sturdy plastic bags. Refrigerate one of the bags.
5. Divide the chicken in half and place in two separate bowls. Cover and refrigerate one bowl. Add 2 tablespoons of the milk to the other bowl of chicken. Toss lightly to coat, and then drain the chicken in a colander. Add the chicken to one bag of breading, and shake to coat well. *(You can bread the chicken and freeze up to 1 week ahead.)*
6. Place the chicken nuggets on the baking sheet and bake for 12 to 15 minutes until crisp. Repeat with the remaining chicken, milk and breading.

Makes 16 servings (80 nuggets)

Total time: 1 hour

Per serving: 178 calories, 5.4 g fat, 13 g carbohydrates (1.5 g fiber), 19 g protein

