

# Crispy Honey Garlic Chicken Nuggets

## SWEET POTATOES WITH CRISPY BRUSSELS AND CAULIFLOWER

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### Ingredients

- 1.5 lbs chicken breast tenderloins
- 4 cups cornflakes, crushed (you can use a ziplock bag and mallet or food processor)
- 1/4 cup grated parmesan cheese
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt, 1/2 tsp pepper
- 1/2 cup honey
- 4 cloves of minced garlic
- 2 eggs, well beaten

### Sides

- 10 oz bag shaved brussel sprouts
- 10 oz bag cauliflower
- 1 medium sweet potato
- 1 lb baby yukon gold potatoes
- olive oil
- salt and pepper
- tsp paprika
- garlic powder

### Directions

1. Preheat the oven to 425 degrees F
2. create 3 separate trays using foil to divide a large sheet pan.
3. Cube potatoes and place in one slot. Drizzle with olive oil, season with salt, pepper, paprika and garlic powder. toss to coat
4. Pour cauliflower and brussel sprouts in another slot, season with salt, pepper and 1 tsp garlic powder.
5. Place in the oven for 10 minutes.
6. While potatoes and brussel sprouts start to cook, you'll prepare the chicken.
7. Cube chicken breast. Pat gently with a paper towel.
8. Combine cornflakes, parmesan cheese, onion powder, garlic powder, paprika, salt and pepper.
9. Remove sheet pan from oven. Dunk chicken in egg mixture, followed by cornflake topping and place nuggets in third slot on the sheetpan.
10. Bake for 15-17 minutes on middle rack.
11. Combine honey and garlic cloves and microwave for 45 seconds. Pour over hot nuggets and enjoy!

MADE WITH LOVE

by Teresa Forchard