

Fast Fixin' Chicken Nugget Recipes – Menu Ideas
By: Kathy Mora, Ph.D.
November 1, 2012

The Becker Decker Chicken Veggie Sandwich

Ingredients:

Whole Wheat Hoagie Roll (or whole wheat hotdog bun)- toasted

Fresh Spinach Dressing

Fast Fixin' chicken nuggets

Variety of raw vegetables-

 red/yellow/orange/green peppers- sliced

 black olives- sliced

 purple onion- sliced

 tomato- sliced

 lettuce or raw spinach – leaf or shredded

 avocado- sliced

 banana peppers (sweet or hot, as preferred)- sliced

 cucumber- sliced

 carrots- shredded

(Optional) Cheese – shredded or sliced (cheddar, mozzarella, colby, swiss, muenster, provolone- any choice preferred)

Preparation:

1. Preheat oven to 400 degrees.
2. Place frozen chicken nuggets flat on baking sheet, approximately 3-4 nuggets per sandwich.
3. While oven is pre-heating, prepare spinach dressing (see recipe below).
4. Bake chicken nuggets 12-15 minutes, to bake nuggets evenly on both sides, turn nuggets over halfway through baking time, return tray to oven and complete baking.
5. While chicken nuggets are baking, wash, slice and prepare variety selected vegetable toppings for sandwich.
6. During last minute of baking, slice open hoagie roll and place on baking sheet to toast/warm.
7. Remove chicken nuggets and roll from oven. Spread 1-2 Tbsp of spinach dressing on warm hoagie roll. Layer with chicken nuggets. If adding cheese, sprinkle over chicken nuggets to melt the cheese. Layer remaining vegetable ingredients as desired, creating a garden chicken sandwich with many colors, flavors, and textures.
8. For complete menu- serve sandwich along with ½ cup coleslaw (see recipe below), ½ cup canned fruit or piece of fresh fruit, 1 cup skim or low fat milk. Nutritious and Delicious.
9. Enjoy!

Fresh Spinach Dressing

1 cup whipped cream cheese
½ -1 cup greek style, plain yogurt
2 cups fresh spinach
½ cup fresh basil
¼ cup fresh chives (or green onions)

Combine/Mix all ingredients together in blender until creamy and smooth, well blended dressing. Can modify consistency by amount of yogurt added- more yogurt makes dressing more liquid consistency, less yogurt makes dressing thicker and more spreadable. Both are good for dipping, dressing, or spreading as preferred use. Keep covered and refrigerated after use. Can be made prior to preparing sandwich to have readily available saving a few more minutes of meal preparation time, if needed. Can be easily made while oven is preheating and/or chicken nuggets baking in oven.

Fresh Coleslaw

1 bag ready shredded cabbage-carrot slaw mix
1/3 cup low fat mayonnaise
¼ cup greek style, plain yogurt
2 Tbsp apple juice concentrate
2 Tbsp poppy seeds
2 Tbsp red wine vinegar

Open contents of slaw mix into large bowl. Combine all dressing ingredients in small bowl with whisk. Pour dressing over cabbage -slaw mixture and toss well. Refrigerate until ready to serve. Can be made prior to preparing sandwich to have readily available saving a few more minutes of meal preparation time, if needed. Can be easily made while oven is preheating and/or chicken nuggets baking in oven.

Creamy Chicken Broccoli Casserole

Ingredients:

Fast Fixin' Chicken Nuggets

1 (10 oz) package of frozen, chopped broccoli

1/3 package of extra wide egg noodles (can use yolk-free or any other type pasta)

Vegetable cooking spray

½ (10 ¾ oz) can cream of chicken soup, undiluted

¼- ½ (10 ¾ oz) can cream of broccoli soup, undiluted (can substitute cream of potato soup)

½ cup skim milk

1 ½ tsp lemon juice

2 Tbsp grated Parmesan cheese

Preparation:

1. Preheat oven to 400 degrees.
2. Place frozen chicken nuggets flat on baking sheet, 6- 8 nuggets per casserole. Bake chicken nuggets 12-15 minutes, to bake nuggets evenly on both sides, turn nuggets over halfway through baking time, return tray to oven and complete baking.
3. While oven is preheating and chicken nuggets are baking:
 - Cook noodles per package instructions, drain and set aside.
 - Cook broccoli according to package instructions without adding salt or fat, drain well, set aside.
 - Combine soups, milk, and lemon juice in small bowl, stirring well to blend.
4. Coat 2- quart baking dish with cooking spray. Arrange the cooked broccoli on the prepared baking dish.
5. When chicken nuggets are done baking, lower oven temperature to 350 degrees.
6. Chop- quarter chicken nuggets into smaller pieces (small crouton size pieces). Mix with the cooked, drained noodles. Arrange layer of nuggets-noodles over broccoli.
7. Pour soup mixture evenly over casserole. Sprinkle cheese on top.
8. Bake casserole at 350 degrees for 20-25 minutes or until thoroughly heated.
9. For complete meal- serve casserole along with fresh or canned fruit or sliced fresh tomatoes or red peppers. (Note: if want "spicier" version of casserole, can sprinkle few drops of hot Tabasco sauce on top when serving)
10. Enjoy!

Saucy Dippin' Chicken Nuggets

Ingredients:

Fast Fixin' Chicken nuggets

1 Package Israeli or Pearl (large) CousCous (can substitute quick cooking brown rice)

Fresh Broccoli, chopped and Baby Carrots- steamed (can substitute other vegetable of choice)

Sauces for Dipping (see separate recipes below)

Preparation:

1. Preheat oven to 400 degrees.
2. Place frozen chicken nuggets flat on baking sheet, approximately 2-6 nuggets per serving.
3. While oven is preheating and chicken nuggets are baking:
 - Cook couscous according to package directions.
 - Steam broccoli and carrots until desired texture.
 - Prepare sauce (see recipes below)
4. When nuggets, couscous, and vegetables are completed, plate and serve with dressing or sauce. For complete meal- serve with pineapple and mandarin orange slices (fresh or canned), and/or glass of skim or low fat milk.
5. Enjoy!

3 Sauce Recipes:

1. Fresh Spinach Dressing (recipe above)

Serve as dipping sauce for nuggets and/or spoon over vegetables.

2. Simple Sweet and Sour Sauce

1 Cup chili sauce

1 Cup apricot jelly (can substitute grape or other flavor)

Combine chili sauce and jelly in saucepan and heat over medium heat until warm.

Spoon sauce over couscous, nuggets, and vegetables. Can add chicken nuggets to the sauce and heat, similar to meatballs. Can use as separate dipping sauce.

3. Dijon Sauce

1 cup water

1 chicken bouillon cube

(can use 1 ½ cup of chicken broth in place of water and bouillon cube)

2 Tbsp Dijon-style (spicy) mustard

2 Tbsp flour

½ cup skim milk (can substitute with evaporated skim milk)

Bring water and bouillon cube to boil, simmer until bouillon cube is dissolved. In separate small bowl mix flour and milk. Thicken the broth into smooth, creamy sauce by slowly stirring in the flour- milk mixture. Cover and cook over low heat for 5 minutes to allow flavors to blend. Use spoon to drizzle sauce over nuggets, couscous, and vegetables. Can use as separate dipping sauce.

