



## Turmeric Chicken Nuggets

5 servings

30 minutes

### Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Turmeric
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 454 grams Chicken Breast (boneless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)

### Nutrition

Amount per serving	
Calories	230
Fat	9g
Saturated	2g
Carbs	14g
Fiber	3g
Sugar	0g
Protein	23g
Cholesterol	66mg
Sodium	161mg
Potassium	442mg
Vitamin A	28IU
Vitamin C	0mg
Calcium	20mg
Iron	3mg
Vitamin D	1IU
Vitamin E	2mg
Folate	14µg
Vitamin B12	0.2µg
Magnesium	56mg
Zinc	1mg
Selenium	26µg

### Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a pan over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For an additional 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C) or cut a nugget in half and check there is no pink meat and it is very hot to the touch. Cook a bit longer if you want it crispier.
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is equal to approximately five nuggets.

**Make it Vegan,** Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.

**Dipping Sauce,** Home made salsa goes really well with this or mayonnaise if you are in a hurry!