

BUFFALO CHICKEN NUGGETS

½ cup low fat milk	2 ribs celery, cut into sticks
2 boneless, skinless chicken breasts cut into 1-inch nuggets (cubes)	12-16 small carrots
½ cup cornflake crumbs	Grape tomatoes (optional)
¼ tsp ground ginger	Low Fat Ranch dressing
¼ tsp dried thyme	Barbecue Sauce, Honey, or Sweet and Sour Sauce as desired for dipping
¼ tsp dried rosemary	nuggets

1. Preheat oven to 400 degrees. Line a baking sheet with tin foil and spray with nonstick cooking spray (Pam).
2. Put milk in a shallow bowl. Add chicken nuggets; stir to coat.
3. In a plastic bag combine cornflake crumbs, ginger, thyme, and rosemary. Place nuggets in bag; shake to thoroughly coat. Place chicken nuggets on prepared baking sheet and bake for 8-9 minutes or until chicken is crisp, golden, and no longer pink inside.
4. Arrange vegetables on a platter and place lowfat Ranch Dip in a small bowl.
5. Serve vegetables and dip with hot nuggets and desired dipping sauce.

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