



Sweet 'n Sassy Boneless Hot Wings



Entire recipe (8 wings): 267 calories, 1.5g total fat (0.5g sat. fat), 775mg sodium, 30g carbs, 2g fiber, 15g sugars, 31g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

2 tbsp. whole-wheat flour
Dash each salt and black pepper
4 oz. raw boneless skinless chicken breast, cut into 8 nuggets
2 tbsp. fat-free liquid egg substitute
2 tbsp. sweet Asian chili sauce
1 tsp. seasoned rice vinegar
1/4 tsp. red pepper flakes

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, mix flour, salt, and black pepper.

Place chicken nuggets in another wide bowl, top with egg substitute, and toss to coat.

One at a time, shake nuggets to remove excess egg and coat with seasoned flour. Evenly lay on the baking sheet.

Bake for 10 minutes. Flip chicken. Bake until outside is lightly browned and chicken is cooked through, about 6 minutes.

In a medium bowl, mix chili sauce, vinegar, and red pepper flakes. Add cooked nuggets and toss to coat. Yum!

MAKES 1 SERVING

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