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WICKERED CHICKEN NUGGETS

2 pounds skinned, ground chicken

1 egg

¼ cup Wicker’s Original Marinade & Baste or Wicker’s Hickory Marinade

½ cup dried bread crumbs

Onion powder and garlic powder to taste

Mix all together and make into small patties. Fry in pan sprayed with Pam.

Slightly brown on both sides. Cook until done.

This is good dipped in a low fat dip.