

Chicken Nuggets

Cajun Breading Mix

Egg

¼ cup water

Cut up chicken into bite size pieces. Mix Egg and water. Dip chicken in egg and roll in breading
Heat oil in skillet and fry chicken pieces.

Hony Mustard Dipping Sauce

¼ cup Dijon mustard (If not on hand any mustard works)

¼ cup honey

Cajun Breading Mix

5 cups cornflakes

2 T cajun Spice

1 t salt

1/4 t pepper

Place cornflakes and spices in food processor to create fine crumbs.

<http://www.lincolntent.com/GFCF-Poultry.html>