

Sesame Chicken Nuggets

Adapted from Balabusta's Choice

Ingredients

4 chicken cutlets, cut into nugget size

3/4 cup flour

SAUCE:

1 cup brown sugar

2 TB oil

2 TB vinegar

1/2 TB mustard

1/4 cup ketchup

sesame seeds



Method

1. Place chicken nuggets and flour in a bag and shake until well coated.
2. In a medium bowl, mix all sauce ingredients.
3. Dip nuggets into mixture and spread on lined and greased cookie sheet.
4. Sprinkle with Sesame seeds.
5. Bake at 350 for 20-30 minutes or until done.

