



Sparkle Kitchen

Quinoa Chicken Nuggets

Ingredients

- 1 pound boneless, skinless chicken thighs
- 1 cup buttermilk
- salt and pepper
- 2/3 cup uncooked quinoa
- cooking spray
- 1 teaspoon garlic powder
- 1 egg

Directions

A few hours before you want to eat, cut the chicken thighs into rough 2-inch chunks. Toss the chicken pieces into a small baking dish and pour over the buttermilk. Add a generous pinch each of salt and pepper to the dish, then use a large spoon to mix it all together. Cover the dish, and pop it into the fridge for **2-3 hours**.

While the chicken is soaking, cook the quinoa according to the package directions.

When the chicken is ready, preheat your oven to 425°. Spray a large baking sheet with cooking spray or, if you prefer, line it with parchment. Toss the cooked quinoa in a large bowl with the garlic powder and another good pinch of salt and pepper.

Lastly, in a separate bowl, whisk an egg with a splash of water.



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Pull the chicken out of the fridge and set up all the elements — chicken, egg, quinoa, baking sheet, in that order — to form a dipping assembly line.

Working with one piece of chicken at a time, remove it from the buttermilk, give it a quick dip in the egg wash, dredge it through the quinoa, and carefully place it on the baking sheet. Once all the chicken is dipped, give them a quick spritz with cooking spray to help them brown properly.

Now, place the tray of chicken nuggets into the oven and bake for 20 minutes or until the largest nugget is cooked through.

To brown the nuggets just a bit more, pop them under your broiler for 2-3 minutes to finish them.

Serve these up with a side of classic ketchup or any other dipping sauce you like.

Enjoy!