

Rania's Recipes

Recipes prepared 9/10/2014

Parmesan Chicken Nuggets

INGREDIENTS

2 pounds boneless and skinless chicken breasts ~ cut into 2-inch pieces
2 cups flour
Sea salt and coarse black pepper (for seasoning the flour)
4 large eggs
2 cups Italian bread crumbs
1 ½ cups grated Parmesan
Unsalted butter
Extra Virgin olive oil

Honey Mustard
Ketchup
Barbecue Sauce
Small Solo cups with lids

DIRECTIONS

Combine the flour, salt, and pepper in a shallow bowl. Beat the eggs with 1 tablespoon of water in another shallow bowl. Combine the breadcrumbs and Parmesan in another shallow bowl. Dredge the chicken nuggets on both sides in the flour mixture, then dip both sides into the egg mixture and roll in the bread-crumbs mixture, pressing lightly to coat.

Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large sauté pan and cook the chicken nuggets on medium-low heat for about 3 - 4 minutes on each side, until just cooked through. Don't crowd the pan. Add more butter and oil and cook the rest of the chicken tenders.

Serve with Solo cups filled with the various sauces for dipping

Note: This recipe makes a lot of nuggets ~ I freeze them after they have been cooked on parchment lined sheet pans and then store them in zip lock freezer bags. When ready to use, simply defrost them and heat them in a pre-heated 325 degree oven on a parchment lined baking pan, just until heated through and slightly crisped. Do not cover them with foil and do not over heat them, as they can dry out quickly. This is quick grab and go dinner for busy families.

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Turkey Taco in a Jar on the Go

INGREDIENTS

4 wide mouth quart size mason jars
1 pound lean ground turkey
1 can black beans, drained
1 packet taco seasoning mix
1 ¼ cups salsa (more or less to taste)
4 tablespoons plain Greek yogurt (or more to taste)
1 quart grape tomatoes, halved
4 baby cucumbers, sliced
Vidalia onion, chopped (to taste)
2 avocados, chopped
Freshly squeezed lime juice
Shredded cheddar cheese to taste
Chopped Romaine lettuce (about 4 cups)

11 ounce jar pickled jalapeños, drained (optional)

Disposable bowls
Forks
Napkins
Tortilla Chips

Wet Naps

DIRECTIONS

In a medium pan cook ground turkey until no longer pink. Add black beans, seasoning packet, and the amount of water stated in seasoning packet directions. Let taco mixture cool.

Divide ingredients among mason jars starting with salsa then adding the yogurt, tomatoes, cucumbers, onions, jalapeños, avocados, lime juice (to prevent from browning), taco meat and shredded cheese. Stuff the jar with the chopped lettuce. Place lid on and close tight.

When you are ready to serve and eat, shake the jar well, then pour into a bowl and enjoy. Serve with tortilla chips.

This is a great dinner for the busy family on the go and can be made a couple of days in advance.