

### CHICKEN NUGGET

- pack of refrigerated chicken nuggets (Perdue Chicken Breast Nuggets recommended)
- cooking oil

1. heat a pan on medium-low to medium
2. add a few drops of cooking oil to grease the pan
3. cook chicken nugget on medium flipping the nugget until both sides are browned
4. remove chicken nugget from the pan and let cool for a minute
5. insert jellybean into the center of the chicken nugget

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### TOFU CHICKEN NUGGET

- extra-firm tofu block	- salt
- cooking oil	- garlic powder
- breadcrumbs	- onion powder
- non-dairy milk	- black pepper
- nutritional yeast	

1. (optional) place tofu block between two paper towels and press excess moisture out of tofu by leaving a heavy object on top of block for 30 minutes
2. slice tofu into nugget-sized slices
3. mix non-dairy milk, nutritional yeast, salt, garlic powder, onion powder and black pepper together in a small bowl using enough of each ingredient to create a slightly thick liquid that will stick to the tofu
4. add breadcrumbs to a separate small bowl
5. heat pan to medium and add enough cooking oil to coat the pan and allow the bottom of the nugget to submerge slightly
6. one by one dip the tofu first into the mixture and then into the breadcrumbs, covering the tofu with both
7. add the tofu to the pan and cook on medium until both sides of each tofu are browned
8. remove the tofu from the pan and let cool for a minute
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