

RECIPE: CHICKEN NUGGETS

BAKING

Bread crumbs, 3.86 oz.

CHEESE

Grated parmesan cheese, 0.67 oz.

CONDIMENTS & OIL

Extra virgin olive oil, 1.5 fl oz.

POULTRY

Chicken breast, 4 half

SPICES & SEASONINGS

Salt

Pepper

VEGETABLES

Garlic, 0.3 oz

MISCELLANEOUS

Brewer's nutritional yeast, 4 tbsp.