



Lighter Better Nuggets with Cajun-Garlic Dipping Sauce

Lightly glazed whole muscle chicken nuggets served with a side of Cajun-garlic dipping sauce with roasted bell peppers, fresh garlic and Cajun seasoning.

Servings: 10 lightly glazed chicken chunks and 10 dipping sauce cups (1 of each per serving)

Ingredients	Amount
Tyson® Chicken Chunks #70387-928	50 ea.
Cajun-Garlic Dipping Sauce Cups (see recipe)	10 ea.

DIRECTIONS:

1. Arrange the frozen lightly glazed chicken nuggets on a sheet pan lined with baking paper. Heat the uncovered pan of chicken nuggets in a preheated 350°F convection oven for 7-10 minutes, or until the minimum internal temperature reaches 135°F. Hold uncovered in a hot holding unit until ready to serve.
2. To serve the chicken nuggets and dipping sauce arrange 5-each of the heated chicken nuggets in a disposable serving boat. Hold the boats loosely covered on a sheet pan, in a hot holding unit, until ready to serve. Serve with 1-each of the Cajun-Garlic dipping sauce cups. One lightly glazed chicken nugget boat and one Cajun-Garlic dipping sauce cup per serving.

TYSON® PRODUCTS USED:

#70387-928 Coated Made with Whole Muscle Chunks, 0.55 oz.

cajun garlic dipping sauce

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Yield: 10 each (approx. 2½-tablespoons per cup)

Ingredients	Amount
Green Bell Peppers, fresh, washed, deseeded, ½" dice	? C
Red Bell Peppers, fresh, washed, deseeded, ½" dice	? C

Mayonnaise, low-fat	½ C
Sour Cream, light	¼ C
Green Onions, fresh, washed, thinly sliced	1½ Tbsp.
Tap Water	1½ Tbsp.
Lemon Juice, bottled	3 tsp
Hot Sauce, commercially prepared	3 tsp
Dijon Mustard	2? tsp
Cajun Seasoning, commercially prepared	2? tsp
Garlic, fresh, peeled	1½ cloves ea.

DIRECTIONS:

1. Arrange the diced green and red bell peppers on a sheet pan lined with baking paper. Roast the pan of unseasoned peppers covered in a preheated 350°F convection oven for 14-16 minutes, stirring halfway through, or until they are softened and lightly browned.
2. Combine the roasted bell peppers and remaining ingredients in a food processor and process until the sauce is smooth and pureed. Portion 2½-tablespoons each of the prepared dipping sauce into 2-ounce portion cups, place lids on each portion cup, and hold under refrigeration until ready to serve.

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CN Portion	5 pieces
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	140
Total Fat (g)	6.00
Saturated Fat (g)	1.50
Sodium (mg)	250
Carbs (g)	3
Protein (g)	19

