



bariatric care

Ingredients

- ☐ 1 lb boneless skinless chicken thighs
- ☐ 1 tsp dried oregano
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ ½ tsp salt
- ☐ ¼ cup coconut flour
- ☐ ¼ cup coconut oil

CRISPY CHICKEN NUGGETS

1. Cut chicken, preheat a large skillet over medium heat.
2. Add the flour, spices and salt to a medium bowl and stir to combine.
3. Add chicken pieces to flour and spice mixture and toss to evenly coat.
4. Add coconut oil to the preheat pan, Allow to cook for approx 4 minutes.

Chef's Notes
