



Gluten-free Cornmeal Chicken Nuggets with Sweet and Sour Dipping Sauce (Serves 4)

FOR THE DIPPING SAUCE:

1/2 cup crushed pineapple (do not drain)
3 tbsp. Sorel 100% Organic Coconut Sugar
3 tbsp. apple cider vinegar
1 tsp. lite soy sauce
1 tbsp. cornstarch
1 tbsp. water
3 tbsp. sugar-free orange marmalade

For the Cornmeal Chicken Nuggets:

450grams chicken tenders (cut in half, crosswise)
3 tbsp. Marca Leon Polenta Cornmeal (#30)
1 tbsp. Marca Leon Polenta Corn Oil
1/2 tsp. salt
1/4 tsp. ground black pepper

In a saucepan, boil and simmer pineapple, sugar, vinegar, and soy sauce on medium heat. Stir in a mix of cornstarch and water and boil for a minute. Add the orange marmalade then remove from heat. Bring to room temperature, cover, then refrigerate. Now, season your chicken with salt and pepper then dredge in cornmeal. In a large non-stick pan, heat oil over medium-high heat then reduce it to medium. Cook and turn the nuggets until browned for about 6-8 minutes. Marca Leon Corn Oil is perfect for frying as it won't easily produce cancer-causing free radicals. It also contains Omega 6, which is responsible for that great flavor that you look for in any fried dish! Serve with your sweet and sour sauce. Yum! I'm sure kids are going to love this healthy dish.

DID YOU KNOW?

Marca Leon Polenta Cornmeal is all natural, rich in Vitamin B, and a good source of fiber — which helps in digestion.