Cornmeal Chicken Nuggets with Blackberry Mustard
Serves 4
1 cup blackberries finely chopped
1½ tablespoons whole-grain mustard
2 teaspoons honey
1 pound chicken breast, cut into bite size pieces
6-8 tablespoons cornmeal, seasoned with salt and pepper
Oil to coat pan and brush

1. Mash blackberries with mustard and honey until you get a chunky sauce, set aside.
2. To make chicken, preheat your oven to 450 degrees and line a baking sheet with foil or parchment paper, coat with oil.
3. Coat chicken pieces with cornmeal seasoned with salt and pepper. Place on tray in a single layer,
4. and then brush with a little more oil.
5. Bake nuggets for 7-10 minutes, flipping half way through, until chicken is cooked through.
Serve nuggets with mustard sauce.

Spinach Quinoa Bites
3 eggs, lightly beaten
2 cups cooked quinoa
1 cup cooked spinach, from about 1 lb, finely chopped, or use frozen and squeeze dry
½ teaspoon Italian seasoning
Salt and pepper
4 oz melty cheese, cut into 24 cubes, like mozzarella, cheddar, Monterey

1. Preheat your oven to 375 degrees and then coat a 24 cup mini muffin pan with non stick spray or oil.
2. In a large bowl, combine cooked quinoa, cooked spinach, beaten eggs and salt and mix well.
3. Combine the eggs with quinoa, spinach, seasoning, and salt and pepper, mix well.
4. Spoon the mixture into the muffin cavity filling about ¾ of the way and then push a piece of cheese into the middle of the mixture and then bake in the oven for 15 minutes. Allow the bites to cool for 5 minutes in pan before removing and serving.