

Fried Turkey Nuggets

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Servings: 4

*2 cups all-purpose flour
1 tablespoon allspice
4 eggs, lightly beaten
1 cup buttermilk
1/4 cup yellow mustard
2 sleeves saltine crackers
2 pounds leftover cooked
dark meat turkey, cut into
chunks
vegetable oil (for frying)*

In a bowl, mix the flour with the allspice. In a separate bowl, mix together the eggs, buttermilk and mustard. Mash the saltines (I do this by placing them in a heavy freezer bag and crushing them with a rolling pin).

Dredge about one-quarter of the turkey chunks in the flour, then the egg wash. Then place them in the freezer bag with the crushed saltines. Shake well to coat them. Before you remove them, press the crushed saltines into the meat. Set the chunks on a baking sheet. Repeat the process with the rest of the turkey, one-quarter of the meat at a time.

Rest the turkey nuggets in the refrigerator for one hour (this will make the coating adhere to the turkey better).

When you are ready to fry, place enough oil in a large skillet to come up about one finger's worth (about 1/2 inch). Bring the oil temperature to between 325 and 350 degrees. Set a cooling rack over a baking sheet and place the sheet in the oven. Set the oven to warm.

Fry the turkey nuggets in batches so that you don't crowd the pan. Set the finished turkey nuggets on the rack in the warm oven until all are finished.

Per Serving (excluding unknown items): 348 Calories; 7g Fat (18.6% calories from fat); 16g Protein; 54g Carbohydrate; 2g Dietary Fiber; 214mg Cholesterol; 344mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.