Veggie Chicken Nuggets

Serves 4-6

504 calories for 6/336 for 4

Description

Hiding vegetables in a dish is a helpful strategy with picky eaters. This new spin on classic chicken nuggets adds carrots and your choice of cauliflower, broccoli or zucchini to the mix.

Carrots add sweetness and are a great source of several vitamins and minerals, especially biotin, potassium, and vitamin A (from beta carotene), which promotes good vision, growth and development as well as immune function.

Cauliflower is a low-calorie, high-fiber vegetable that contains almost every vitamin and mineral your body needs, including vitamins C, K and B-6, along with folate, pantothenic acid, potassium, manganese, magnesium and phosphorus.

Zucchini is also full of potassium, B vitamins, dietary fiber and antioxidants, which can help improve a child’s focus.

Total cost: $9.10/$1.52-$2.28 per serving
# Veggie Chicken Nuggets

<table>
<thead>
<tr>
<th>Nuggets</th>
<th>Coating</th>
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</thead>
<tbody>
<tr>
<td>• 1 lb ground chicken breast</td>
<td>• 2 eggs, beaten</td>
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<tr>
<td>• 1 egg</td>
<td>• ¾ cup whole wheat flour</td>
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<tr>
<td>• 1 carrot, grated</td>
<td>• 1 ½–2 cups panko crumbs</td>
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<tr>
<td>• 1 cup riced cauliflower, finely chopped broccoli or grated zucchini</td>
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<tr>
<td>• ¼ teaspoon salt</td>
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</tbody>
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## Instructions

- Preheat oven to 350 degrees.
- Line baking sheet with parchment paper, spray with cooking spray and set aside.
- In a food processor, combine ground chicken, egg, carrots and other vegetables, and salt, mix well.
- Form tablespoonfuls of mixture into nugget shapes.
- Coat nuggets in flour, dip into beaten egg mix, then coat with panko crumbs.
- Place nuggets on prepared baking sheet, spray nuggets with cooking spray, bake 20 minutes.
- Flip nuggets, bake another 20 minutes.
- Serve with side of sweet potato fries and ketchup.