



From the Kitchen of Executive Chef Jessica VanRoo



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



From the Kitchen of Executive Chef Jessica VanRoo

Veggie Chicken Nuggets

Nuggets

- 1 lb ground chicken breast
- 1 egg
- 1 carrot, grated
- 1 cup riced cauliflower, finely chopped broccoli or grated zucchini
- ¼ teaspoon salt

Coating

- 2 eggs, beaten
- ¾ cup whole wheat flour
- 1 ½-2 cups panko crumbs

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.