



Kids Can Cook

Veggie Nuggets

A healthy, kid-friendly recipe for lunch, dinner or even a snack.

Ingredients:

- 1 cup shredded carrots
- 3 cups broccoli florets
- 1 garlic clove, minced
- 2 eggs
- 1 1/4 cups seasoned breadcrumbs divided
- 3/4 cup shredded cheddar cheese
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1 tablespoon canola oil



Directions:

- Shred carrots and set aside. Steam broccoli in the microwave for two minutes or until tender.
- Place shredded carrots, steamed broccoli, garlic, eggs, 1 cup of the breadcrumbs, cheese, onion powder, and black pepper in food processor and pulse for 15 seconds or until well combined. Mixture should form easily into a ball. If it's too crumbly, add water one teaspoon at a time until you achieve the desired consistency.
- Form mixture into balls, about a tablespoon each. You should get about 25 nuggets. Flatten slightly into round discs about 1/2-inch thick.
- Place remaining 1/4 cup breadcrumbs in a shallow dish. Coat each veggie nuggets with breadcrumbs.
- Heat oil in a skillet on medium high heat until it sizzles when sprinkled with water droplets.
- Arrange nuggets in skillet and cook about 4 minutes each side, or until golden brown and crispy.
- Serve with honey-mustard sauce, ketchup, or other favorite dip.

Source: <https://bit.ly/2Kdn51J>