

# CHICKEN VEGGIE NUGGETS



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Ground Chicken  
Grated Zucchini  
Grated Red Bell Pepper  
Finely Chopped Spinach  
Paprika

### QUANTITY

1 Lb.  
1 Cup  
1 Cup  
½ Cup  
¼ Tsp.

### ITEM

Onion Powder  
Italian Seasoning  
Garlic Powder  
Kosher Salt  
Black Pepper  
Oil

### QUANTITY

½ Tsp.  
½ Tbsp.  
½ Tsp.  
¾ Tsp.  
To Taste  
2 Tbsp.



## PREPARATION

- ✔ In a large bowl, mix well the ground chicken, zucchini, red bell pepper, spinach, and all seasonings.
- ✔ Form the mixture into small nugget-shaped patties using your hands or a spoon.
- ✔ Heat oil in a non-stick skillet over medium heat.
- ✔ Cook the nuggets in batches for 4-5 minutes per side, or until golden brown and fully cooked through.
- ✔ Remove and place on a paper towel-lined plate.
- ✔ Serve warm with your favorite dipping sauce. Enjoy!