



Veggie Nuggets

Yield: 25 nuggets

Prep Time: 20 minutes

Cook Time: 8 minutes

Total Time: 28 minutes

Ingredients

- 1 cup shredded carrots
- 3 cups broccoli florets
- 1 garlic clove
- 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

1. Shred carrots (Food processor may be easiest).
2. Steam broccoli in the microwave for two minutes or until tender.
3. 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.
4. Form mixture into balls, about a tablespoon each. Flatten slightly into round discs about 1/2-inch thick.
5. Place remaining 1/4 cup breadcrumbs in a shallow dish. Coat each veggie nuggets with breadcrumbs.
6. Heat oil in a skillet on medium high heat until it sizzles when sprinkled with water droplets.
7. Arrange nuggets in skillet and cook about 4 minutes each side, or until golden brown and crispy.
8. Serve with honey-mustard sauce, ketchup, or other favorite dip.