



Grow With Me Food Recipes



Recipe Name: **Chicken Nuggets**

Ingredients

Procedure

Boil 1/2 lb chicken breast, 1 carrot, 1/4 onion, 1/2 cup of cauliflower, 2 cloves of garlic until done, place in a food processor until smooth and add a pinch of salt and pepper for taste.

- Moisten hands to prevent sticking and form 1 tablespoon of chicken mixture into a ball. Press into a cookie cutter for shaped nuggets or flatten with fingers for a basic nugget shape.
- In small bowl, combine breadcrumbs with grated Parmesan, fine ground chia and and Flax to add Nutritional value .
- Press nuggets into bread crumb mixture and turn over, patting crumbs into surface to coat evenly.
- --At this point you can freeze-- or
- To bake: Preheat oven to 375° F. Arrange nuggets on cookie sheet sprayed with cooking spray or lined with parchment paper. Lightly spray nuggets themselves with cooking spray or olive oil for a crispier coating (optional). Bake 20-25 minutes, turning once, and checking - don't overcook! These baked nuggets will not really brown (unless you pan fry in oil) - if browning is desired, place under broiler for a couple of minutes at the end of cooking.