



Homemade Chicken Nuggets with Hidden Veggies

Ingredients:

1 large chicken breast
1/2 zucchini
1/4 yellow onion
1 clove garlic

1 egg
1/4 cup bread crumbs
2 tsp salt
1 tsp black pepper

For Coating:

1/4 cup flax meal (optional)
1 cup panko bread crumbs
1/2 cup bread crumbs
1 tsp salt
1/2 tsp black pepper

Directions:

Cut zucchini and onion into large chunks. Add to bowl of food processor along with onion and salt and pepper and pulse until finely grated

Dump veggies into a large bowl, replace the blade in your food processor and add chilled, diced chicken breast. [Click here to learn how to grind your own chicken.](#)

Add ground chicken to bowl with veggies and add egg, and 1/4 cup bread crumbs. If you are using store-bought ground chicken, add two eggs.

Using your hands, mix chicken, egg and veggies together until it reaches the consistency of meatloaf. Be sure to thoroughly wash your hands after touching raw chicken.

In a shallow bowl, combine ingredients for coating. With wet hands, roll equal size balls of chicken mixture and toss in bread crumb mixture to coat.

Place chicken balls on prepared baking sheet and gently press down into discs to form the nugget shape. I like to work assembly line style, I roll the balls, toss in bread crumbs and then just place on a baking sheet, once I have all of the chicken balls on the baking sheet, I like to line them up, and press down. I was able to get 24 chicken nuggets from 1 large chicken breast.

Bake for 15–20 minutes, or until your nuggets reach an internal temperature of 165 degrees and serve with your favorite dipping sauce. Enjoy your chicken nuggets knowing that your kiddos are getting a full serving of vegetables in one of their favorite dishes.