

Easy Homemade Chicken Veggie Nuggets

Ingredients

Makes about 14 nuggets.

- 1 lb ground chicken
- 1 cup broccoli, cooked, well-drained, finely chopped
- ¾ cup mild cheddar cheese
- 2 tbs parmesan cheese, grated
- 1 ½ tbs olive oil, for moistness & flavor
- ½ tsp salt
- ½ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp black pepper
- ½ cup plain breadcrumbs
- ¼ cup “panko” breadcrumbs

Directions

1. Preheat oven to 375°
2. Line baking tray w/ parchment paper and set aside.
3. Combine plain and panko breadcrumbs in a bowl and set aside.
4. Add together: chicken, broccoli, cheddar cheese, garlic powder, paprika, salt & pepper, parmesan cheese and olive oil into a mixing bowl, and combine well.
5. Wet your hands w/ water (to prevent sticking) and form the nuggets.
6. Dredge the nuggets through the breaking until well coated on both sides.
7. Spray nuggets w/ “healthy” cooking spray (there is no such thing)... :(
8. Bake for 24-26 minutes. Smaller nuggets bake faster, but the internal temperature needs to reach 165°. Flip halfway through. Broil at end for 1-2 minutes.



Homemade Panko

What makes panko different from standard breadcrumbs? They're lighter, airier, crispier, and larger—just the ticket for coating almost anything from fish to French toast. Panko has a delicate crunch, and is flakier. Being lighter, it absorbs less oil and grease making breaded fried foods less heavy, with flakes on the outside so crunchy. You can certainly substitute regular breadcrumbs for panko in most recipes – it won't be quite the same though. Other substitution ideas are cracker crumbs, matzo meal, crushed cornflakes, crushed dry stuffing mix, crushed melba toast, crushed pretzels, crushed tortilla chips, or crushed potato chips.



1. Ingredients: Just 1 loaf of white bread.
2. Remove the crust from the bread.
3. Grate the bread by hand or chop it finely in a food processor by pulsing it 1 to 2 times.
4. Place grated bread onto a baking sheet lined with parchment paper.
5. Spread the crumbs on a rimmed baking sheet and bake at 300°–350°F for 5 – 10 minutes, stirring every 2 minutes. The goal is for every crumb to be dry and crispy, but not browned.
6. Remove Panko breadcrumbs from the oven and let them cool completely before using or storing.
7. If you don't have a food processor, you can still make panko-ish breadcrumbs. The texture will be light, but the crumb will be smaller. Lay bread slices on a baking sheet and bake at 300°F for 12 minutes, flipping the bread over halfway through the cooking time. Let cool on a wire rack. Cut off the crusts and cut the remaining bread into strips. It should be dry. If the pieces are still moist in the center, bake for a few minutes longer. Grate the pieces using the small holes on a cheese grater.
8. Store panko crumbs in an airtight container, in a dry place.

Alternate Recipe for Healthy Homemade Veggie Packed Chicken Nuggets

1 lb ground chicken

½ cup broccoli

½ head cauliflower

½ cup sweet potato

2 carrots

1-2 eggs

optional spices in chicken (or in coating?)...

1 tsp sea salt

2 garlic cloves or ½ tsp garlic powder

½ tsp onion powder

½ cup almond flour

½ cup arrowroot starch

1 tsp paprika

1 tbsp olive or avocado oil

Healthy Cooking Sprays

Almost every "healthy" recipe calls for a cooking spray to coat the pan. But the aerosol method of application may make you suspicious of its additives, such as soy lecithin and hydrocarbons. To enable the spray to work and to prevent foaming or clogging, manufacturers usually include a propellant agent, dimethyl silicone and a bit of alcohol. If you aren't convinced that cooking sprays are the best choice, making a homemade, healthy cooking spray alternative using olive oil and a pump bottle guarantees a safe spritz.

Pump It Yourself

A reusable pump eliminates waste from used aerosol cans, keeping the environment healthier, and ensures you control the ingredients. Purchase these pumps at cooking supply stores and fill with an oil of your choosing. Instead of artificial chemicals creating the pressure to release the oil — you press a button that pumps the oil into a cylinder. Increased internal pressure in the cylinder releases the oil in small spritzes onto your pan or baking dish. You minimize the amount of oil used and still have all the convenience of a spray without any additives.