

HOMEMADE CHICKEN NUGGETS

COOKING WITH THE CHEF



Ingredients:

- 1 cup riced cauliflower
- 1 pound ground chicken
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- 1 egg
- 1 $\frac{1}{2}$ cups Panko breadcrumbs

Procedure:

- Preheat oven to 400°F and grease a baking sheet.
- Mix riced cauliflower, ground chicken/turkey, salt, and spices in a food processor or bowl. Shape mixture into nuggets with wet hands.
- Whisk eggs in one bowl, place breadcrumbs in another. Dip nuggets in egg, then breadcrumbs to coat.
- Place on baking sheet and bake 15–16 minutes, flipping halfway. Serve warm or store in fridge (3 days) or freezer (1 month).

THEME: CHILDHOOD CLASSICS