

Chicken Zucchini Nuggets

PREP TIME: 10 MINUTES

COOK TIME: 5-10 MINUTES

YIELDS: 35-40 NUGGETS (DEPENDING ON SIZE)

Ingredients

- 1 pound raw ground chicken
- 1 raw zucchini
- 1 raw egg
- 1 small/medium onion, chopped
- ½ tsp. minced garlic (or ½-1 fresh clove)
- 7-8 fresh basil leaves (1 Tbsp. chopped)
- 7-8 fresh parsley stems/leaves (1 Tbsp. chopped)
- 7-8 fresh cilantro stems (1 Tbsp. chopped)
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Oil as needed for pan frying



Nutrition Content for ~5 Nuggets

Calories: 128kcal	Carbohydrates: 2.7g
Fat: 6.9g	Fiber: 0.6g
Protein: 14.5g	Added sugar: 0g
Sodium: 53.6mg	

Directions

1. Cut the raw zucchini into medium sized chunks; add to a food processor.
2. Peel and cut the raw onion into medium sized chunks; add to the food processor.
3. Add the fresh herbs and to the food processor.
4. Blend ingredients until finely shredded.
5. Add the chicken to the mixture and blend for a few seconds until evenly mixed.
6. Heat the oil in a large frying pan.
7. Scoop the chicken mixture with a tablespoon to create the poppers.
8. Place the poppers into the hot oil, turning on all sides until golden brown (~5-10 minutes).
9. Transfer the hot poppers onto a paper towel to absorb the excess oil.
10. Serve warm or chilled as a snack.

Chef Tips/Adjustments

- This recipe can be frozen in a sealed container for up to 2 months. To prevent freezer burn, place plastic wrap over top of the poppers in the container.
- This recipe can also be cooked in the oven or air fryer at 400 ° F until golden brown.
- Ground, raw turkey can also be used depending on personal preference.
- Seasonings can be adjusted as needed for desired flavor.

Qualities

Texture: Soft

Rating for Scent: 3/10

Spice Level: 0/10

Recipe Benefits

Gluten Free

High Protein

Anti-Nausea

