

# Leftovers Patty/Nuggets

PREP TIME: 5 MIN

COOK TIME: VARIES  
DEPENDING ON METHOD

YIELDS: 8 PATTIES (1/4 CUP EACH)  
OR 16 NUGGETS (2 TBSP. EACH)

## Ingredients

1 cup chopped meat of choice (*I used ground chicken*)

1 cup veggie, cooked (*I used butternut squash*)

1 cup potatoes, cooked

3 raw eggs

1 teaspoon seasoning of choice (*I used herb salt*)

## Nutrition Content for 1 Small Patty or 2 Nuggets

Calories: 171kcal      Carbohydrates: 8.6g

Fat: 8.2g              Protein: 16.3g

Fiber: 1.4g            Added sugar: 0g

Sodium: 105.3mg



## Directions

1. If using any whole ingredients (e.g. chicken breast, steak, large vegetables), chop in food processor first separately. Adding whole ingredients with everything else in the food processor will unevenly chop it.
2. Add remainder of ingredients.
3. Chop & blend all together.
4. Scoop mixture into hands forming a patty or nuggets.
5. Mixture can be pan-seared in a greased pan, baked on a parchment paper lined baking sheet, or fried in an air fryer.
6. Cook until golden brown and firm.
7. Serve warm or store in the refrigerator/freezer for future use.



## Chef Tips/Adjustments

- This recipe is a 1:1 ratio, meaning for every 1 cup of ingredient you will need 1 raw egg to bind it together. Adjust volume and variety of ingredients as needed using this ratio.
- Fresh herbs can be added to this recipe as well.