



## Chicken and Veggie Nuggets

Serves 4

### Ingredients:

1 lb of ground chicken, thawed  
1 egg  
1 whole zucchini  
1 whole sweet potato  
1 tbsp Italian seasoning  
Salt & pepper to taste

**Tip:** The sweet potato and zucchini should give you about 3 cups each shredded – you will be using 1 cup each for the recipe - portion out the remaining 2 cups into freezer bags (1 cup in each bag) and store in freezer to make prep easier next time.

Preheat oven to 400. Remove thawed chicken from package and place in large bowl.

Shred zucchini and sweet potato. You will use 1 cup of each for the recipe. Add egg, shredded veggies and spices to bowl and mix thoroughly.

Place about 2 tbsp of mixture each onto a parchment lined baking sheet, evenly spaced apart.

Bake 30 minutes or until center of each nugget reaches 165 degrees or more.

Eat with your favorite dip.