

Healthy Sweet Potato Chicken Nuggets

Author: Asabasa Spice Co.

Preparation Time: 10

Cooking time: 30

Servings: 19

These oven baked healthy chicken nuggets taste amazing. The first time we made these it almost didn't seem possible, how could chicken nuggets with no wheat flour and no salt taste this great...and it has sweet potato in it? You will not be disappointed, this will quickly be you or your family's favorite new snack.

Ingredients:

- 1 lb organic ground chicken
- 2 cups raw sweet potato, finely grated (press out excess liquid with paper towel)
- 1 tbsp olive oil
- 2 tbsp coconut flour
- 1/4 cup finely chopped green onion
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 1/2 tsp chili powder
- 1 tsp cumin
- 2 tsp [Everything but Salt](#) (or your preferred salt free spice blend)

Instructions:

Preheat oven to 375-400 F depending on oven.

Grease a lined baking sheet with olive oil cooking spray (or similar greasing method).

Place finely grated raw sweet potato in a large mixing bowl. Using a few paper towels, press down to squeeze out excess liquid.

Add in all other ingredients and mix thoroughly.

Wet hands and make 17-19 nuggets, in any size or shape.

Place in oven for 26-30 minutes depending on oven temperature, make sure to flip half way through cooking time so both sides cook evenly.

Making your preferred dipping sauce. We love Frank's Red Hot sauce and/or guacamole!

