



CHICKEN VEGGIE NUGGETS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	28.8 gm raw chicken sausage	3
	10.5 gm raw egg	0.7 (-0.7 gm fat)
Fat	15.3 gm olive oil	4 (-0.7 gm)
	10 gm mayonnaise	2
Carbohydrate	6.2 gm chopped raw spinach	0.4
	12.2 gm chopped raw red pepper	0.9
Other	Salt, pepper, onion powder, garlic powder	

DIRECTIONS

- In a small bowl, weigh the raw chicken sausage (squeeze the filling out of the casing).
- Chop the raw spinach and raw red pepper; add to the bowl with the ground sausage.
- Add the olive oil, mayonnaise, and raw egg to the bowl.
- Stir to combine.
- Preheat the oven to 350°F.
- Grease a mini mold (any shape) with nonstick cooking spray.
- Scoop mixture into the molds filling only ½ full, dividing evenly.
- Bake for 30-35 minutes until golden and firm.
- Allow to cool before removing from pan.

VARIATIONS

- Other carbohydrates can be used such as shredded carrot, chopped tomato, and chopped zucchini.
- Other oils can be used such as canola, vegetable, or flaxseed.
- This recipe can be refrigerated or frozen for future use.
- Baking in a metal pan will make the nuggets crispier in a shorter amount of time compared to a silicone mold.

NEW INGREDIENTS

Plain Raw Chicken Sausage (Generic brand)

- 1 protein exchange= 9.6 gm (no +/- fat).