

Veggie Nuggets



Servings:

8

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients

- 3 cups **Cooked Broccoli**, chopped
- 1 cup **Cooked Carrots**, grated
- ½ tsp **Black Pepper**
- ¼ - ½ tsp **Salt**
- ½ tsp **Garlic Powder**
- 2 ea **Eggs**
- 1 - 1½ cup **Panko Breadcrumbs**
- ¾ cup **Shredded Cheddar Cheese**

Method of Preparation

Step 1

Steam broccoli and carrots in microwave. Add vegetables to food processor to chop.

In a large bowl, add chopped broccoli and carrots.

Step 2

Add salt, pepper, and garlic powder to the vegetables.

Step 3

Add eggs, cheddar cheese and breadcrumbs to the bowl.

Step 4

Mix well until ingredients are combined.

Step 5

Scoop mixture and form into nuggets.

Place on greased baking pan. Bake for 15 minutes until edges are golden brown.

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