



# Hidden Veggie Chicken Nuggets (Whole30, Paleo)

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In a World so divided, I think one thing everyone can agree on is that Chicken Nuggets are THE BEST! Whether you prefer nuggets, tenders, or patties, I don't think I've ever met a person who doesn't enjoy Chicken Nuggets to some extent. They even offer plant-based nuggets for Vegans so everybody can get in on the "Chickie Nugget" goodness! Luckily, on the Whole30, we still get to enjoy Chicken Nuggets, and there's a ton of different ways to make them!

This Chicken Nugget recipe is super simple and sneaks some veggies into one of everyone's favorite comfort foods. I've used Russet Potatoes in the past, but I prefer to go with Sweet Potatoes because they're nutrient dense and hold together very well. These nuggets also make an AMAZING meal prep item, and can be ready to go in 30 seconds from the microwave. It's like having fast food on hand but with a healthy twist! I suppose you could also make these nuggets with another dense veggie like carrots, but I'd avoid watery produce items like zucchini or squash as they may effect the consistency of the nuggets. Give this recipe a try and don't forget your Whole30 dips!

## INGREDIENTS:

- 2 Lbs Ground Chicken
- 2 Medium Sweet Potatoes
- 1/3 Cup Almond Flour
- 2 Tbsp The New Primal All Purpose Seasoning
- 1 Tbsp The New Primal Classic Buffalo Seasoning
- 1 Tbsp Garlic Powder
- Salt & Pepper to taste

## INSTRUCTIONS:

1. Preheat your oven to 350°F. Line 2 baking sheets with parchment paper.
2. Peel your Sweet Potatoes, then cut them in half lengthwise. Shred them using a food processor.
3. Add all of your ingredients into a large bowl and mix by hand until everything is evenly combined.
4. Form the mixture into nuggets (about the same size as your standard fast food nugget) and place them on the parchment paper lined baking sheets about 1/4 inch away from each other. This recipe should make between 60-70 nuggets. It sounds like a lot, but when you're eating 8-10 at a time, they go quick!
5. Put nuggets in the oven and bake for 15 minutes, flip, bake for another 10 minutes. Remove from oven, serve with your favorite dipping sauces, and Enjoy!

**MAKES 60-70 NUGGETS**

