

Veggie Nuggets

Parade Magazine

Yield: 30 nuggets

*2 medium yams
8 ounces frozen cauliflower, thawed
and patted dry
1 box (10 ounce) frozen chopped
spinach, thawed and squeezed dry
1 cup finely grated Parmesan cheese,
divided
4 eggs, divided
2 1/4 cups panko bread crumbs,
divided
1 teaspoon Kosher salt
3/4 teaspoon garlic powder
1/4 teaspoon cayenne (optional)
ketchup or honey mustard (for
dipping)*

Preparation Time: 45 minutes

Bake: 30 minutes

Preheat the oven to 350 degrees.

Bake the whole unpeeled yams until very tender, about one hour 20 minutes. Refrigerate until cold.

Peel the yams and mash the flesh in a large bowl until smooth. Pulse the cauliflower and spinach in a food processor until finely chopped. Stir the mixture into the mashed yams, along with one-half cup of Parmesan, one egg, 3/4 cup panko, salt, garlic powder and the cayenne, if desired.

Preheat the oven to 450 degrees. Line two baking sheets with parchment paper.

Beat the remaining three eggs in a medium bowl. Toss the remaining one and one-half cups of the panko with the remaining one-half cup of the Parmesan on a large shallow plate or a pie plate.

Using slightly dampened hands, form the veggie mixture into one-inch balls and flatten slightly into oblong nuggets. Place the nuggets on a plate in a single layer (you can transfer the filled plates to the refrigerator as you work). Gently dip one nugget at a time into the egg, letting the excess drip off, then dredge in the panko mixture on both sides. Place the finished nuggets on baking sheets.

Bake, flipping the nuggets once, until golden brown, about 30 minutes.

Serve with ketchup, barbecue sauce or honey mustard for dipping.

Start to Finish Time: 2 hours 35 minutes

Per Serving (excluding unknown items): 821 Calories; 22g Fat (23.6% calories from fat); 48g Protein; 116g Carbohydrate; 31g Dietary Fiber; 848mg Cholesterol; 2579mg Sodium. Exchanges: 6 Grain(Starch); 3 Lean Meat; 6 Vegetable; 1 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	821	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	23.6%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	54.0%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	22.4%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	22g	Folacin (mcg):	854mcg
Saturated Fat (g):	7g	Niacin (mg):	5mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	848mg	% Refused:	0.0%
Carbohydrate (g):	116g	Food Exchanges	
Dietary Fiber (g):	31g	Grain (Starch):	6
Protein (g):	48g	Lean Meat:	3
Sodium (mg):	2579mg	Vegetable:	6
Potassium (mg):	4646mg	Fruit:	0
Calcium (mg):	712mg	Non-Fat Milk:	0
Iron (mg):	16mg	Fat:	1 1/2
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	273mg		
Vitamin A (i.u.):	36345IU		
Vitamin A (r.e.):	3813RE		

Nutrition Facts

Amount Per Serving

Calories 821 Calories from Fat: 193

% Daily Values*

Total Fat	22g	34%
Saturated Fat	7g	33%
Cholesterol	848mg	283%
Sodium	2579mg	107%
Total Carbohydrates	116g	39%
Dietary Fiber	31g	125%
Protein	48g	
Vitamin A		727%
Vitamin C		455%
Calcium		71%
Iron		88%

* Percent Daily Values are based on a 2000 calorie diet.