VEGETABLE NUGGETS

National Nutrition Centre
Ministry of Health & Wellness
Barbados



+1(246)536-3852 www.nutritioncentre.health.gov.bb nutrition.centre@barbados.gov.bb

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INGREDIENTS

- 3 ½ cups cauliflower, chopped
- 1 tbsp vegetable oil, for greasing the pan
- 1 cup carrot, grated
- 1 tsp garlic powder
- ½ cup cheddar cheese, shredded
- ½ tsp onion powder
- 1/8 tsp black pepper
- 1 tbsp chives, finely chopped
- ¾ cup breadcrumbs (1/2 cup for vegetablemixture and 1/4 cup for coating nuggets)
- 1 tbsp cornstarch

Nutrition Information

Serving Size: 3 nuggets

Calories: 125; Total Fat: 6g; Saturated Fat: 2.7g; Cholesterol: 8mg; Sodium: 140mg; Carbohydrate: 15g; Fiber: 2.3g; Sugar: 2g; Protein: 4.5g.

Recipe yields 20 nuggets in total.
The average adult may have 2 servings per meal or 6 nuggets.
NB: Individual needs may be higher or lower.

METHOD

1. Steam cauliflower until tender. Set aside to cool.
2. Line a baking tray with parchment paper. Gently grease the parchment paper with vegetable oil and set aside.
3. Place the cauliflower, carrot, garlic powder, cheese, onion powder, black pepper, chives, and ½ cup of the breadcrumbs into a food processor.
4. Pulse ingredients until well combined. Set aside.
5. Mix the cornstarch and remaining breadcrumbs together.
6. Shape vegetable mixture into nuggets, coating each with the cornstarch and breadcrumb blend. Place each nugget on the baking tray once coated until all the mixture is used.
7. Refrigerate nuggets for 15 minutes before baking.
8. Preheat oven to 200° C (400° F).
9. Place baking tray into the oven and bake for 20 to 25 minutes.