

## Homemade Veggie Nuggets

★★★★ 4 from 2 reviews



Author: Amy Palanjan Prep Time: 10 minutes Cook Time: 22 minutes

Total Time: 32 minutes Yield: 16 nuggets

### Description

Six simple ingredients team up in these quick and easy veggie nuggets.

### Ingredients

- 1 cup cauliflower florets, chopped
- 1 cup [quinoa](#), fully cooked and cooled
- 1/4 cup shredded mozzarella
- 1 tablespoon grated Parmesan
- 1 egg
- 1/4 cup Italian-flavored [breadcrumbs](#), divided

### Instructions

- 1 Preheat the oven to 375 degrees F. Line a [baking sheet](#) with parchment paper.

- 2 Bring a kettle of pot of water to a boil. Place cauliflower into a heat-safe bowl and pour water over top. Let sit for 5 minutes. Drain and spread onto a clean kitchen towel. Pat dry well.
- 3 Place the cauliflower, [quinoa](#), cheeses, egg, and 2 tablespoons [breadcrumbs](#) into the bowl of a [food processor](#). Grind into a uniform batter.
- 4 Form into 1-tablespoon balls and place onto the prepared [baking sheet](#), flattening slightly. (If you'd like to have the outsides crispy, coat each ball in the remaining [breadcrumbs](#) before flattening and placing on the [baking sheet](#).) Bake for 20-22 minutes. Serve warm with ketchup, if desired.

## Notes

- i Storage: Store veggie nuggets for 3 days in the fridge. Reheat in the microwave or for about 5 minutes in a 375 degree oven. Or, let cool fully and store in a zip top freezer bag in the freezer for up to 3 months. To warm from frozen, place onto a parchment-lined [baking sheet](#) and bake for about 10 minutes at 375 degrees F.
- i To create veggie nuggets with a smooth interior, similar to chicken nuggets, be sure to blend the mixture well in the [food processor](#).
- i To create a crispy exterior which older toddlers and kids will like, coat the balls in additional bread crumbs before baking. If you need to make this recipe gluten-free, try these Italian breadcrumbs from [lan's](#).
- i Variations: Try cheddar instead of mozzarella cheese.

# nutrition facts

Serves 4

Calories Per Serving: **123**

		% DAILY VALUE	
Total Fat 4.1g	5%	Saturated Fat 1.7g	
Trans Fat 0g		Polyunsaturated Fat 0.8g	
Monounsaturated Fat 1.2g	0%	Cholesterol 52.9mg	18%
Sodium 209.2mg	9%	Total Carbohydrate 12.6g	5%
Dietary Fiber 2.1g	8%	Sugars 1.7g	
Protein 9g	18%	Vitamin A 43.7µg	5%
Vitamin C 13mg	14%	Calcium 173.9mg	13%
Iron 1.2mg	6%	Vitamin D 0.6µg	3%

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