

Veggie Nuggets

Ingredients:

- 4 c. cubed eggplant, peeled
- 1 c. zucchini, chopped
- ½ c. carrots, chopped
- ½ c. onion, chopped
- ½ t. salt
- 3 c. water
- ½ c. fresh bread crumbs
- ½ c. quick oats
- ¼ c. wheat germ
- ¼ c. pecans, chopped
- ¼ c. nutritional yeast
- ½ t. salt
- ½ t. basil
- ½ t. sage
- ½ t. vegetarian chicken seasoning
- ¼ t. garlic powder

Instructions:

1. Bring vegetables to a boil in 3 c. water and ½ t. salt. Reduce heat, cover and cook for about 10 minutes. Remove from heat, drain and mash with potato masher and fork.
2. Stir in all remaining ingredients.
3. Form into nuggets and fry in a little olive oil.

*Did You Know?

Whfoods.com (The World's Healthiest Foods)

Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, bell peppers and potatoes. They grow in a manner much like tomatoes, hanging from the vines of a plant that grows several feet in height.

Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid. They should be free of discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed.