

# Hot Momma Keto Nuggets

## HOT MOMMA CHICKEN NUGGETS (KETO FRIENDLY)

### INGREDIENTS

- 1 Large Chicken Breast, quartered
- 1 Idaho Potato, peeled, quartered
- 1 tsp Hot Momma Seasoning, mild or fiery
- 1 tsp Hot Momma Everyday Seasoning
- 4 tsp Cornstarch
- 1 Egg

### DIRECTIONS

In a food processor, add all ingredients. Pulse until mixture looks like lumpy mashed potatoes. Refrigerate for an hour. Scoop out a meatball size portion (2oz-ish) and roll into a ball. Flatten a bit to look like a nugget. Place on a parchment lined baking sheet. Bake at 425\* for 8-10 minutes until browned. Take out and flip over nuggets. Bake for an additional 8-10 minutes until browned. Great for dipping in ranch, BBQ, mustard, Cajun, and honey sauces! Ac-salsa-rize!