

ABSTRACT

*Introduction: Cowpea nuggets and oyster mushrooms have potential as healthy food alternatives for vegetarians, especially lacto-ovo vegetarians. **Objective:** The purpose of this study was to determine the effect of cowpea and oyster mushroom substitution on the nutritional and sensory values of vegetarian nuggets. **Methods:** The experimental design used was Completely Randomized Design (CRD), consisting of 4 levels of treatment, namely: F0 (110), F1 (70:20:20), F2 (70:25:15), F3 (70:30:10) with different concentrations of cowpeas and oyster mushrooms. **Result:** The results showed that there were differences between the formulations in protein and iron. The highest protein content (11.68 gr/100gr) in the F0 formulation and iron (3.36 gr/100gr) in the F1 formulation. Overall, the most preferred formulation is the F3 formulation. **Conclusion:** Tempe nuggets, oyster mushrooms and cowpeas can be used as healthy food alternatives for vegetarians, especially lacto-ovo vegetarians. Vegetarian nuggets are acceptable and almost meet the SNI quality requirements on nuggets.*

Keyword: Cowpea, Oyster mushrooms, Tempeh, Nuggets, Vegetarian