CHICKEN KALE MEATBALLS

SERVES: 8 • SERVING SIZE: 2 meatballs • PREP TIME: 15 minutes • COOK TIME: 20 minutes

1/2 teaspoon garlic powder

1 large egg

1/4 cup Tuscan kale, chopped finely in food processor

3 tablespoons freshly grated Parmigiano Reggiano

1/4 teaspoon fine sea salt

1/4 teaspoon ground black pepper

1/2 cup whole-wheat seasoned bread crumbs

3 tablespoons freshly squeezed lemon juice, about 1 lemon

1 pound ground chicken breast

1 Preheat oven to 375°F; use convection if possible.

2 Place all ingredients except the chicken in a large bowl. Mix well and then add the chicken and gently mix. Form into 16 meatballs.

3 Place on a parchment-lined baking sheet and bake for 20 minutes.

*Chef’s Tip: You don’t want to overmix or your meatballs will be tough. That is why we like to mix everything but the meat together before adding the meat.*

CHOICES: 2 Protein, lean

CALORIES: 110

CALORIES FROM FAT: 25

TOTAL FAT: 3.0 g

SATURATED FAT: 1.0 g

TRANS FAT: 0.0 g

CHOLESTEROL: 60 mg

SODIUM: 260 mg

POTASSIUM: 150 mg

TOTAL CARBOHYDRATE: 4 g

DIETARY FIBER: 0 g

SUGARS: 1 g

ADDED SUGARS: 0 g

PROTEIN: 16 g

PHOSPHORUS: 135 mg