



Savory Chicken Meatballs with Zucchini Pasta

Ingredients

- 18 oz lean ground chicken breast
- 2 eggs
- 1/3 cup panko crumbs (or 2 bags crushed Quest Protein Chip Salt & Vinegar, as demonstrated in original recipe)
- 2 tbsp oregano
- 2 tbsp minced garlic
- 1/2 cup chopped red onion (optional)
- 2-1/2 oz goat cheese
- 6 vine tomatoes
- 3 medium zucchinis
- 1/2 cup tomato sauce (natural, no salt added)
- 1 tbsp garlic
- Sea salt & pepper to taste

Directions

1. Set oven to 375°F.
2. In a bowl, mix ground chicken breast, eggs, panko crumbs (or Quest protein chips), half of the oregano, 1 tbsp garlic, onion, goat cheese, and sea salt & pepper.
3. Form small meatballs, about the size of golf balls, and place on a baking sheet. With these ingredients, I was able to make 12 of equal size.
4. Bake in the oven for about 18-20 minutes. To brown the top of the meatballs and add a small layer of crispiness, you can bake for 18 minutes and then broil for 2-3 minutes.
5. Chop up tomatoes into small pieces and set aside.
6. Set a nonstick skillet on medium-high heat and spray it with coconut oil spray. Add 1 tbsp garlic and the rest of the oregano, and cook for about 2 minutes, continuously stirring with a spatula.

7. Add diced tomatoes to the skillet and stir. Then, toss in tomato sauce. Stir, then reduce to low heat and cover cook for about 8-10 minutes.
8. Shred a zucchini using a julienne peeler or a spiralizer. Place the raw zucchini noodles into your meal-prep containers, then top with the cooked chicken meatballs and drizzle with marinara sauce.
9. Boom.

Always remember to adjust portions and servings to support your fitness goals.

Nutrition Facts

Serving size: 1 serving (4 meatballs, 1 zucchini, 1/3 of the marinara sauce)

Recipe yields: 3 servings

Calories: 421

Total Fat 13 g

Total Carbs 19 g (2 g fiber)

Protein 50 g