



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.