



## Chicken Meatballs With Zucchini And Mushrooms

**Active Time:** 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

### Nutrition Information Per Serving

335.2 calories, 13.31 g carbohydrate, 3.05 g fiber, 10.26 g NET carbs, 32.88 g protein, 17.65 g fat

#### Ingredients

- 2 medium(s) organic medium green zucchini, diced
- 1/2 cup(s) sweet potato, cooked
- 1/2 medium(s) white onion, diced
- 2 whole(s) portabella caps, sliced into thin strips
- 3 clove(s) garlic, minced
- 3 Tbsp(s) parsley, minced
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) garlic powder
- 1/2 tsp(s) dried thyme
- 1/2 tsp(s) dried oregano
- 1 Tbsp avocado oil
- 24 ounce(s) pastured ground chicken

#### Preparation

1. Preheat oven to 450 degrees F. Line a baking sheet with unbleached parchment paper.
2. While the oven preheats, prepare chicken meatballs. Break up the ground chicken and mix with cooked sweet potato, salt, thyme, oregano, garlic powder and half the parsley. Form into 8-12 golf-ball sized meatballs.
3. Place evenly on the baking sheet and bake for 15-18 minutes, or until center is no longer pink and internal temperature reaches 165 degrees F.
4. While the chicken is baking, prepare vegetable sauté. Add avocado oil to a skillet on medium heat and sauté onions until translucent, about 5 minutes.
5. Add mushrooms and sauté for an additional 5-7 minutes.
6. Add zucchini and garlic and sauté for about 3 minutes. Sprinkle with salt, to taste.
7. Remove chicken meatballs from oven and place in the pan with the vegetables. Toss gently, and top with remaining parsley. Serve.

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