

Dinner

Chicken Meatballs with Zesty Orange Sauce

20 Mins
Prep Time

18 Mins
Cook Time

4
Servings

378 Calories **21g** Fat **17g** Carbs **27g** Protein



Ingredients

4 Servings **38 Mins** Total Time **Allergens:** Eggs, Nuts, Gluten

Meatballs	
1 lb Ground Chicken	1 Tsp Onion Powder
1 Egg	1 Tsp Salt
½ Cup Almond Flour	¼ Tsp Black Pepper
1 Tsp Garlic Powder	
Zesty Orange Sauce	
Zest and Juice of 3 Oranges OR 1 cup orange juice (wash oranges before zesting)	1 Tsp Sesame Oil
	1 Tsp Ground Ginger
¼ Cup Sweet Chili Sauce	1 Tsp Garlic Powder
2 Tbsp Soy Sauce	¼ Tsp Crushed Red Pepper
1 Tbsp Rice Vinegar	

Allergen Swap

Egg Mix 1 Tbsp chia seeds or ground flax seeds with 3 Tbsp hot water, set aside to thicken to egg white consistency. 3 ½ Tbsp of the mixture = 1 egg.

Nuts Omit almond flour and use a cup-for-cup gluten-free flour alternative or whole wheat flour

Gluten Replace soy sauce with tamari

Nourishment Note



Chicken

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.



Orange

Oranges are an excellent source of vitamin C and potassium. Potassium may help to lower the risk of heart disease, which is more common in women with multiple sclerosis.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven to 425°F

Preheat oven to 425 °F. Line a baking sheet with parchment paper.

3. Mix Ingredients to Form Meatballs

To a large bowl, add the ground chicken, egg, almond flour, garlic powder, onion powder, salt and pepper. Using clean hands, mix the ingredients together. When combined, form chicken mixture into approximately 16 meatballs using your hands or a cookie scoop.

4. Bake

Place on the prepared baking sheet. When complete, wash hands with soap and water. Bake meatballs for 18-20 minutes, or until cooked through.

5. Prepare Sauce

While the meatballs are baking, prepare the sauce. In a saucepan, combine the orange juice and zest, chili sauce, soy sauce, rice vinegar, sesame oil, ground ginger, garlic powder and crushed red pepper. Bring to a boil, whisking occasionally, then reduce heat to low and simmer.

6. Mix Meatballs into Sauce

When the meatballs have finished baking, place in the sauce and stir gently to coat. Serve with rice and/or vegetables and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Large Bowl



Measuring Cups



Measuring Spoons



Cookie Scoop (optional)



Baking Sheet



Parchment Paper



Saucepan



Whisk



Microplane/Zester



Juicer (optional)



Knife



Cutting Board

Fatigue Buster

Orange Juice: Instead of zesting and juicing oranges, simply use 1 cup orange juice

Meatballs: If making meatballs is too much work, purchase pre-made chicken meatballs and pair them with the zesty orange sauce.