

Dinner

Chicken Meatballs with Zesty Orange Sauce

20 Mins Prep Time

18 Mins Cook Time

Servings

21g Fat 17g Carbs 378 Calories

27g Protein



Ingredients

4 Servings



38 Mins Total Time



Allergens: Eggs, Nuts, Gluten

1 Tsp Onion Powder
1 Tsp Salt
1/4 Tsp Black Pepper
1 Tsp Sesame Oil
1 Tsp Ground Ginger
1 Tsp Garlic Powder
1/4 Tsp Crushed Red Pepper

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.

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 $\frac{1}{2}$ 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



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

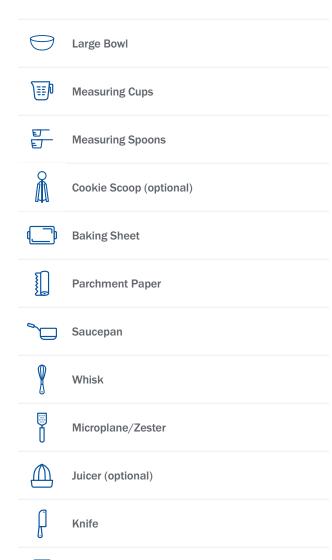
When the meatballs have finished baking, place in the sauce and stir gently to coat. Serve with rice and/or vegetables and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need



Fatigue Buster

Cutting Board

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.