

Chicken Zucchini Poppers

Ingredients:

- 1 pound ground chicken breast
- 2 cups zucchini, grated and dried with paper towel
- 2 – 3 green onions, sliced
- 1/4 cup cilantro, minced
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 teaspoon cumin
- 1 teaspoon olive oil

Directions

1. In large bowl, mix together chicken, zucchini, green onion, cilantro, garlic, salt, pepper, and cumin. Use a scoop to form meatballs to ensure equal size; gently smooth with hands before cooking. Makes about 20 – 24 poppers.
2. Stovetop: Heat olive oil in medium pan over medium-low heat. Cook 4 – 5 at a time for about 5 – 6 minutes on the first side. Flip and cook an additional 4 – 5 minutes, or until golden brown.
Baking: Preheat oven to 400°F. Drizzle olive oil onto baking sheet lined with foil and bake for 15 – 20 minutes, or until cooked through. If desired, place under the broiler for an additional 2 – 3 minutes, or until tops are browned.
3. Serve with guacamole, salsa, or your favorite dip.

Nutrition Facts

Serving Size 1 popper (146g)
Servings Per Container 5

Amount Per Serving

Calories 110 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 65mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 22g

Vitamin A 4% • **Vitamin C** 20%

Calcium 2% • **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

