

Chicken Meatballs and Tuscan Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 16 oz [454.4 g] Ground Chicken
- 1 tsp [1.8 g] Red Pepper Flakes
- 1 clove [3 g] Garlic (*Minced*)
- 1 tbsp [5 g] Parmesan Cheese (*Shredded*)
- 1 tsp [1.8 g] Italian Seasoning
- 0.5 tbsp [7 g] Olive Oil
- 3 clove [9 g] Garlic (*Minced*)
- 2 cup [298 g] Cherry Tomatoes
- 0.5 cup [88.5 g] Great Northern Beans (*cooked/canned*) (*Drained and rinsed*)
- 1 tsp [1.8 g] Red Pepper Flakes
- 0.25 cup [59.25 g] Water
- 2 cup [40 g] Arugula (*Rocket*)

DIRECTIONS

1. Preheat oven to 350°F (174 degrees C).
2. Mix ground chicken, half of the red pepper flakes, the first portion of minced garlic, and parmesan together and form into small balls (about 10).
3. Place meatballs on baking sheet and cook for about 15 minutes or until internal temperature reaches 165°F (74 degrees C).
4. While meatballs are cooking, heat olive oil in a pan and add the remaining garlic. Cook for about 2 minutes
5. Add cherry tomatoes and cook for about 3 minutes.
6. Add drained beans, water, and remaining red pepper flakes.
7. Bring to a boil, cover and turn the heat down to low. Let simmer for 7-10 minutes.
8. Serve with arugula/rocket.

NUTRITION INFO

Calories : 438.25

Fat : 20.79 g

Carbs : 17.88 g

Protein : 46.91 g

Fiber : 5.4 g