



## Baked Chicken and Broccoli Meatballs

### Ingredients:

- 1 pound ground chicken
- 1 package Nature's Earthly Choice™ Riced Broccoli
- 1 large egg, lightly beaten
- ⅓ cup cassava flour or breadcrumbs
- 2 tablespoons unsalted butter, melted
- 2 teaspoons minced garlic
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon fresh ginger, grated
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

### Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Place a cooling rack on a large baking sheet. In a large bowl, squeeze the broccoli with a paper towel to remove the excess water.
2. Combine all the ingredients in a large bowl. Form the mixture into meatballs slightly larger than 1 inch.
3. Place the meatballs on the rack. Bake for 20 minutes or until golden brown.