



From the Kitchen of Executive Chef Jessica VanRoo

Tandoori Chicken Meatballs with Yogurt Sauce

Serves 4, four meatballs per serving

232 calories per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Chicken is one of the leanest sources of animal protein, but it should be consumed in small portions alongside vegetables and whole grains. Enjoy the chicken with a side of brown rice, which has more fiber than white rice. Brown rice also has antioxidants, which help prevent damage to the body from free radicals.

Total cost of recipe: \$6.71/\$1.68 per serving

Ingredients

- 1 egg
- 1/4 - 1/3 cup oatmeal flour*
- 1 lb ground chicken or turkey
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red chili powder
- Juice of 1/2 lemon
- 1 1/2 teaspoon grated ginger
- 1 1/2 teaspoon minced garlic
- 1/4 cup cilantro leaves
- 1/2 cup frozen spinach, defrosted and squeezed dry (about 3-4 oz)
- 2 green onions, finely minced
- Salt to taste
- 2 cups cooked brown rice



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For Homemade Hummus

- 1/2 cup plain yogurt
- 1 garlic clove, minced
- 1/4 teaspoon coriander
- 1/4 teaspoon cumin
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- 1-2 tablespoon water

Instructions

1. Preheat oven to 375 degrees. Line a baking sheet with foil or parchment and brush with oil.
2. Make the oatmeal flour, place oats in a food processor and pulse the oats until you get a fine powder. 1 cup of oats will produce 1 cup of oat flour
3. Combine all the ingredients for the meatballs, mix well and form 16 small meatballs out of the meat mixture.
4. Place meatballs on the prepared baking sheet and bake for 10 minutes, flip and bake for another 8-10 minute or until fully cooked.
5. To make the yogurt sauce, combine all the ingredients. Taste and season as needed. Serve with meatballs and rice.