

# CHICKEN SAUERKRAUT MEATBALLS

With wilted chard



## Method

Combine the ground chicken, onion, parsley, salt, pepper, garlic powder, oregano, and paprika in a large bowl and mix well.

Scoop the mixture by the tablespoonful and roll into balls. Should be 12 meatballs per 7 oz (200g).

Heat a large skillet over medium-high heat and spray with non-stick cooking spray.

Add the meatballs to the pan and cook for 7-8 minutes, until browned on all sides.

Add the sauerkraut to the pan and sauté for about a minutes.

Stir in the chicken broth, reduce heat to low, cover and simmer for 5-7 minutes.

While meatballs simmer, heat a separate pan over medium-high heat and add spray with coconut oil spray.

Add the chopped chard to the pan and sauté for 3-4 minutes, until it begins to wilt.

Season the chard with the salt, paprika, and hot sauce and continue cooking for another 1-2 minutes.

Divide the meatballs and chard into two portions and serve.

## Time

20 minutes

## Serves

2

## Calories (per serving)

186

## Carbs (per serving)

9g

## Fat (per serving)

8g

## Protein (per serving)

19g

## Ingredients

- 7 oz chicken breasts (200g)
- 1/4 cup onion minced
- 2 tbsp parsley finely chopped
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1/4 tsp oregano
- 1/4 tsp paprika
- 1 cup Sauerkraut fresh with live active cultures if possible
- 1/2 cup fat free chicken
- 3 cups Swiss chard chopped, packed
- 1/8 tsp salt
- 1/4 tsp paprika
- Dash hot sauce optional
- 2 sprays Coconut Oil Spray

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Recipe modified from [www.hcgchicarecipes.com](http://www.hcgchicarecipes.com)