

Chicken Zucchini Poppers

These poppers are so versatile; add them on top of salads, spaghetti squash, zoodles, eat as a snack. Whichever way you choose to enjoy them you won't be disappointed.

xoxo,

Kristin

In a large bowl, mix together chicken, zucchini, green onion, cilantro, garlic, salt, pepper, and cumin (if using). Mixture will be quite wet. Scoop meatballs with a small scoop or heaped tablespoon and gently smooth with your hands. I can usually get around 20-24 poppers. You may be able to get more or less, depending on how large you size them.

To cook on the stovetop:

Heat a drizzle of oil in a 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 and the centers are cooked through.

To bake:

Preheat oven to 400 degrees. Drizzle a bit of olive or avocado oil onto a baking sheet lined with foil. Bake at 400 degrees 15-20 minutes, or until cooked through. If desired, place under the broiler for an additional 2-3 minutes or until browned on top.

Recipe from:

<https://beritatrending2018.blogspot.com/2019/04/chicken-zucchini-poppers.html>