



Orange-Ulster BOCES

Wellness Committee

Healthy Eating Recipe of the Month

February 2023

Chicken Francaise meatballs (keto)

- Meatballs:
- 1lb ground chicken
- 1 egg
- Zest of 1 lemon
- 1 tbsp olive oil for frying
- 1/4 cup seasoned panko or gluten free panko
- 1.5 tsp garlic powder
- 1 tsp salt

Sauce:

- 2 cups chicken broth
- Juice of 2 lemons and the zest of 1 lemon
- 2 cloves garlic

Directions:

1. In a large bowl, combine all of the meatball ingredients.
2. Form into balls about 1/4 cup makes a good size.
3. In a large fry pan, add about 1 tbsp of oil and cook all of the meatballs on medium heat for 4-5 minutes, browning all sides. Meatballs do not need to be fully cooked because they will finish cooking in the sauce.
4. Set meatballs aside.
5. Add garlic to the pan and cook until fragrant. Add the broth to the pan on medium heat. Simmer 2-3 minutes.
6. Add the lemon zest and the lemon juice. Bring to a boil
7. Lower the heat to medium and add back all of the meatballs. Simmer until firm and cooked through.

