

Goat Cheese Stuffed Chicken Meatballs with Spaghetti Squash Gremolata

Servings: 2

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<http://www.ambitiouskitchen.com/2011/10/goat-cheese-stuffed-chicken-meatballs-with-spaghetti-squash-basil-gremolata-salad/>

Ingredients

Chicken Meatballs:

- 1/2 teaspoon minced garlic
- 1/2 package ground chicken
- 1 egg white
- 1/2 tablespoon bread crumbs
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon of salt
- 1/4 teaspoon black pepper
- 2 ounces of goat cheese, cut into 6 chunks

Spaghetti Squash Gremolata:

- 1 small spaghetti squash
- 1/2 teaspoon minced garlic
- 1 teaspoon of olive oil, divided
- 1/2 teaspoon lemon juice
- 1/2 teaspoon of lemon zest
- 1 tablespoon dried basil
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 small zucchini, sliced
- 1 roma tomato, diced

Preparation

- 1) Preheat oven to 400 degrees F.
- 2) Line baking pan with foil and spray with cooking spray. Cut spaghetti squash in half and drizzle with 1/2 teaspoon of olive oil. Place face cut side down in pan. Bake for about 30 minutes (or microwave for about 6-8 minutes) then remove and cool 10 minutes before forking.
- 3) While spaghetti squash is baking, add garlic, 1/2 teaspoon olive oil, salt, and pepper into a small bowl and smash into a paste. Add basil, lemon zest, lemon juice to bowl and stir. Set aside.
- 4) In small nonstick frying pan, add zucchini and tomato and sauté until zucchini is golden brown. Sprinkle with a dash of salt and black pepper and remove from heat. Set aside.
- 5) For chicken meatballs: Put foil on top of baking sheet and spray with cooking

spray. Combine the chicken, egg white, breadcrumbs, garlic, oregano, basil, salt and pepper in large bowl; mixing well. Form mixture into about 6 meatballs, 2 inches round.

6) Place a piece of goat cheese into the center of each meatball and push in. Place on prepared baking sheet. Once you remove spaghetti squash from oven, place meatballs into oven still at 400 degrees F for about 17-19 minutes, or until juices run clear.

7) Use a fork to gently scrape spaghetti squash into “noodles” and place into large bowl. Add your basil mixture and sautéed zucchini and tomatoes. Stir. Sprinkle salt and pepper to taste. Place chicken meatballs on top and serve immediately warm.