



Chicken Pesto Meatballs with Pomegranate Caesar Salad

2 servings

30 minutes

Ingredients

340 grams Extra Lean Ground Chicken
 1/4 cup Almond Flour
 1 Egg
 1 tbsp Pesto
 Sea Salt & Black Pepper (to taste)
 2 grams Avocado Oil Spray
 4 leaves Romaine (chopped)
 1/3 cup Pomegranate Seeds
 2 tbsps Caesar Dressing

Nutrition

Amount per serving	
Calories	438
Carbs	13g
Fiber	4g
Sugar	7g
Protein	38g
Cholesterol	240mg
Sodium	362mg
Vitamin A	5135IU
Vitamin C	5mg
Calcium	104mg
Iron	3mg
Vitamin D	21IU

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking dish with parchment paper.
- 2 In a bowl, add the chicken, almond flour, egg, pesto, salt, and pepper. Mix well using your hands. Divide the mixture evenly into meatballs, approximately two inches (6 cm) in diameter.
- 3 Place onto the baking sheet and spray with avocado oil. Cook in the oven for 12 to 14 minutes or until cooked through.
- 4 Divide the chopped romaine evenly between plates or bowls. Top with meatballs, and pomegranate seeds. Drizzle the Caesar dressing on top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups salad and four meatballs.

More Flavor: Add cucumber and parmesan cheese to the salad.

No Pomegranate Seeds: Omit or use dried cranberries instead.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.