

ASIAN-STYLE CHICKEN MEATBALLS

(adapted from [*Confessions of a Fit Foodie*](#))

Cooking oil spray
1lb ground chicken
1 T soy sauce
1 egg
1 T minced ginger
1 clove of garlic, minced (optional)
½ cup of carrots, finely minced in food processor
¼ cup almond flour
½ tsp salt

for the sauce:

1/4 cup of honey
1/3 cup of soy sauce
1 T tomato paste
2 tsp olive oil
1/2 tsp sea salt
1 T finely chopped ginger
1 t Gochujang sauce

In a large bowl, gently mix ingredients for meatballs. Begin forming the meatballs and place on a plate or tray. I made 14 meatballs. Mix the ingredients for sauce and set aside.

Place meatballs on a tray covered with foil and lightly coated with oil spray. Bake meatballs at 350 for 30 minutes or until cooked through. While meatballs are cooking, combine sauce ingredients in a saucepan and simmer on the stove until sauce begins to thicken.

Mix meatballs with sauce and serve.