

Chipotle Chicken Meatball Heroes

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Servings: 6

1 pound ground chicken
1/2 cup onion, finely chopped
3 cloves garlic, chopped
1/3 cup unseasoned bread crumbs
1 egg, lightly beaten
1 chipotle pepper in adobo, seeded and chopped
1 tablespoon adobo sauce
3/4 teaspoon salt
1/2 teaspoon dried oregano
1 can (14-1/2 ounce) diced tomatoes, fire-roasted or with chipotle
6 (two ounce ea) hero rolls, split
3/4 cup Monterey Jack cheese, shredded

Preparation Time: 20 minutes

Bake: 25 minutes

Preheat the oven to 400 degrees.

Line a 15x9-inch baking sheet with nonstick foil.

In a large bowl, combine the chicken, onion, garlic, bread crumbs, egg, chipotle, adobo, salt and oregano. Form into eighteen meatballs. Place on the prepared pan.

Bake for 15 minutes. Turn the meatballs. Bake for an additional 10 minutes.

In a large saucepan, combine the tomatoes and one cup of water. Bring to a boil. Add the meatballs. Simmer on medium heat, covered, for 10 minutes.

Turn the oven to broil.

Spoon three meatballs and some sauce into each roll. Sprinkle two teaspoons of the cheese over each. Broil for 1 minute, until lightly browned and the cheese is melted.

Serve immediately with any remaining sauce.

Start to Finish Time: 1 hour

You may use sharp white Cheddar cheese in place of Monterey Jack.

Per Serving (excluding unknown items): 264 Calories; 13g Fat (47.2% calories from fat); 28g Protein; 5g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 457mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	264	Vitamin B6 (mg):	.4mg
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	8.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	44.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	13g	Folacin (mcg):	19mcg
Saturated Fat (g):	5g	Niacin (mg):	8mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	119mg	% Refuse:	0.0%
Carbohydrate (g):	5g		
Dietary Fiber (g):	1g		
Protein (g):	28g		
Sodium (mg):	457mg		
Potassium (mg):	313mg		
Calcium (mg):	133mg		
Iron (mg):	2mg		
Zinc (mg):	2mg		
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	415IU		
Vitamin A (r.e.):	85RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	264	Calories from Fat:	125
% Daily Values*			
Total Fat	13g		21%
Saturated Fat	5g		25%
Cholesterol	119mg		40%
Sodium	457mg		19%
Total Carbohydrates	5g		2%
Dietary Fiber	1g		4%
Protein	28g		
Vitamin A			8%
Vitamin C			12%
Calcium			13%
Iron			8%

* Percent Daily Values are based on a 2000 calorie diet.