

ELOTE CHICKEN MEATBALLS

Printable grocery list · Serves 5

- ☐ 2 lbs Lean Ground Chicken Breast
- ☐ 1 Cup Roasted Corn Kernels (canned or frozen)
- ☐ 1/2 Cup Crumbled Cojita Cheese
- ☐ 2 Tbl Chopped Cilantro
- ☐ 2 Tbl Finely Diced Jalapeno (Optional)
- ☐ Juice of 1 Lime
- ☐ 2/3 Cup Plain Breadcrumbs (or crushed cornflakes)
- ☐ 1 Egg
- ☐ 1 Tsp Each of Garlic Powder, Onion Powder, Paprika, Chili Powder
- ☐ Salt/Pepper to Taste
- ☐ 1/2 Cup Plain Nonfat Greek Yogurt
- ☐ 2 Tbl Light Mayo
- ☐ 1 Tsp Each of Garlic Powder and Chili Powder
- ☐ 1-2 Tsp Hot Sauce (Adjust to Taste)
- ☐ Salt/Pepper