Jalapeno Pineapple Chicken Meatballs, Mary McMahon '12

Ingredients:

- 1 pound of ground chicken
- 1 diced onion or 3-4 sliced green onions
- 1/2 cup of minced pineapple
- 1/2 cup of minced jalapeno
- 2 minced cloves of garlic
- 1/4 cup of almond flour
- 2-4 tbsps of egg whites
- olive oil spray
- 1/2 bottle of Garlic Sauce from Coconut Aminos
- 1-2 tsp of arrowroot flour
- 1-2 tsp of water
- Sesame seeds (optional)

Directions: Preheat your oven to 400 degrees. Combine your chicken, pineapple, onions, jalapeno, garlic almond flour, and egg whites into a bowl. Mix with your hands until thoroughly combined. Grab a baking sheet and spray with olive oil spray. Form your chicken meatball mixture into a small meatballs and place in rows on your baking sheet. Bake in the oven at 400 degrees for about 15-18 minutes or until the temperature of the meatballs is at 165 degrees. While your meatballs are cooking, you can add your garlic sauce to a pan on medium heat. Add your slurry of arrowroot flour and water in slowly. Once it's thickened, take off from heat and add your sesame seeds. Add your meatballs to the sauce and coat generously! Serve your meatballs with cauliflower fried rice or basmati rice and enjoy.