Healthy Chicken Meatballs

Ingredients:

- 1 pound of ground chicken
- 1 cup steel-cut oats
- 1 small onion (peeled, finely chopped)
- ½ red pepper (finely chopped)
- 2-3 cloves of garlic (minced, chopped)
- 1 egg
- 3-4 Tablespoons of nonfat milk
- 2 Tablespoons of chopped basil
- 2 Tablespoons of chopped sage
- 3 Tablespoons of tomato paste
- ½ teaspoon of kosher salt
- ¼ teaspoon of ground black pepper

Step 1. Preheat oven to 350 degrees. Add all ingredients in order in a large bowl and combine.

Step 2. Use an ice cream scooper to make meatballs and place on baking sheet lined with parchment paper. Bake for 25-35 minutes or until meatballs are no longer pink in the center. You can test by taking a meatball and cutting through it with a knife to see how it is in the center.

Brown Rice Coconut Pudding

Ingredients:

- 1 ½ teaspoons of ground cinnamon
- 1 teaspoon of ground ginger
- ¼ cup of coconut palm sugar
- 1 13 ½ oz can of lite coconut milk
- 2 cups of almond milk or skim milk
- 1 ½ teaspoons of pure vanilla extract
- ¼ cup of toasted coconut
- ¼ cup of toasted pumpkin seeds
- 2 teaspoons of lemon zest
- ¼ cup of cranberries

Step 1. In a large pot over medium heat add lite coconut milk, 1 cup of almond or skim milk and brown rice. Heat until boiling. Bring down heat and stir every two minutes to make sure rice never sticks to the bottom.

Step 2. Add cinnamon, ginger, coconut palm sugar and vanilla. Keep stirring every two minutes for about an hour.

Step 3. Add remaining milk, lemon zest and cranberries and continue stirring rice. Cook for another hour never forgetting to stir, until rice is soft and pudding is creamy. If rice pudding gets too thick, add a few spoonfuls of milk. Top with toasted coconuts and pumpkin seeds Enjoy!