Asian Chicken Meatballs

1 Tbs. peanut or grapeseed oil
1 egg
1 lb. ground chicken breast
4 scallions (3 minced + 1 thinly sliced)
½ red bell pepper, finely chopped
2 cloves garlic, minced
1 Tbs. + 1 Tbs. minced ginger
1 Tbs. + 2 Tbs. reduced-sodium soy sauce
½ cup whole wheat panko bread crumbs
1 tsp. toasted sesame oil
2 tsp. balsamic vinegar
½ tsp. brown sugar
2 Tbs. toasted sesame seeds

1. Preheat the oven to 475° F. Coat a large lined rimmed baking pan with the oil.
2. In a large bowl, lightly beat the egg. Mix in the chicken, minced scallions, bell pepper, garlic, 1 Tbs. ginger, 1 Tbs. soy sauce, and bread crumbs. Form the mixture into about 20 small meatballs of about 2 Tbs. each and place them on the pan.
3. Roast the meatballs on the top oven rack until cooked through, 10-12 minutes.
4. In a small bowl, mix the sliced scallion with the remaining 1 Tbs. ginger and 2 Tbs. soy sauce and the sesame oil, vinegar, and sugar.
5. Divide the meatballs into four bowls. Top with the sesame seeds. Serve with the sauce.

PER SERVING (5 meatballs with sauce + ½ cup cooked brown rice + 2 cups broccoli): calories 440 | total fat 13 g | sat fat 2.5 g | carbs 46 g | fiber 7 g | total sugar 5 g | added sugar 1 g | protein 37 g | sodium 570 mg