



# Chicken and Date Meatballs

Jean Trebek's Reliable Recipes  
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These meatballs are unbelievably delicious...you will love them, I promise! I served these nuggets of goodness along side some brown rice and roasted asparagus. Really, you must try them for yourself.

Bon Appetite!!

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## Chicken and Date Meatballs

### Ingredients

- 1 pound ground chicken, preferably half light and dark meat
- 1 white onion, chopped
- 3 cloves garlic, minced
- 10 Medjool dates, pits removed and sliced
- 1 cup steamed greens, liquid strained (fresh or frozen)
- 1 tsp ground ginger
- 1 tsp ground coriander
- 1 tsp ground ginseng
- 1 bunch fresh cilantro, chopped and divided
- 2 eggs
- 1/4 cup quinoa flakes (or plain breadcrumbs)
- Olive oil
- 1 1/2 tsp salt

## **Directions**

Preheat oven to 450° F.

Place a skillet over medium heat.

Add 1 tbsp of olive oil and onion.

Sauté until translucent and beginning to caramelize around the edges, about 5 minutes.

Add garlic and sauté for 1 minute. Transfer to a plate to cool.

In a medium bowl place the ground chicken, dates, greens, ginger, coriander, ginseng, kosher salt and half the cilantro. Gently fold together.

Add the egg and quinoa flakes.

Fold again to combine.

Make sure to mix lightly as this will create light and tender meatballs.

Grease a baking sheet with olive oil.

Take about 2 tbsp of the meatball mixture and lightly roll into a ball then place on the baking sheet.

Continue with the remaining mixture.

Drizzle the meatballs with olive oil and sprinkle lightly with kosher salt.

Place in the oven and bake for 8-10 minutes or until cooked through.

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