



February 2024

## Chicken Zucchini Poppers

**Makes:** 6 patties

**Prep Time:** 15 min

**Cook Time:** 8 min

### Ingredients

- 1 pound ground chicken (at least 7% fat recommended)
- 1 medium zucchini squash (about 1.5 cups)
- 2 garlic cloves, minced
- 2 Tbs Fresh chives, chopped
- salt and pepper to taste
- 2 Tbs olive oil/avocado oil for cooking

### Creamy Cilantro Sauce

- 1 C. fresh cilantro
- 1-3 small garlic cloves
- 1/3 C. Real Mayonnaise
- 1 Tbs Cottage Cheese
- 1 Tbs distilled white vinegar

### Directions

1. Combine ingredients for creamy cilantro sauce; Cilantro, garlic, mayonnaise, cottage cheese, and vinegar in food processor, blender, or use immersion blender. Blend, then put in refrigerator to chill.
2. Shred the zucchini using a cheese grater, place on a paper towel. Sprinkle with a little salt and squeeze to remove excess moisture. Place into a large bowl with ground chicken, garlic, chives, and salt and pepper. Form mixture into 3 inch patties, you should have 6 total.
3. Prepare a large nonstick or cast iron skillet with oil and bring to medium heat. Cook chicken patties on each side for 4 minutes until browned on both sides and cooked through. If they're not quite cooked through but getting really brown, pop them in the oven at 350 degrees or an air-fryer for 2-5 minutes.
4. Serve warm with the creamy cilantro dipping sauce.

HEARTLAND WEIGHT LOSS