



Meat Lite: Veggie-Chicken Koftas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 pinch ground pepper
- ☐ 0.5 teaspoon cumin divided
- ☐ 12 ounces eggplant grated peeled
- ☐ 2 garlic clove minced
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 0.5 large onion minced
- ☐ 10 pepper black

- ☐ 2 tablespoons greek yogurt plain greek-style
- ☐ 0.5 cup roasted salted shelled
- ☐ 8 ounces chicken thighs boneless skinless (two thighs)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ colander

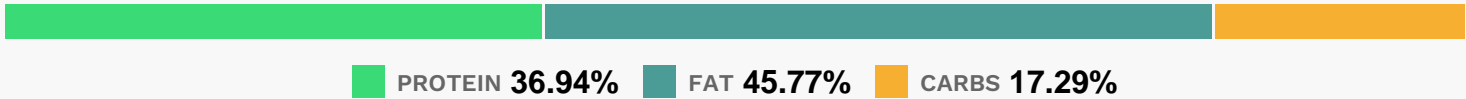
Directions

- ☐ Trim any excess fat from the chicken thighs and cut into 1-inch chunks.
- ☐ Sprinkle the chicken with 1/4 teaspoon salt, 1/4 teaspoon cumin, the cayenne, and the black pepper.
- ☐ Put the seasoned chicken in a sealed container and refrigerate and until needed.
- ☐ Arrange the shredded eggplant in a colander and toss with 1 teaspoon salt.
- ☐ Drain (over the sink or over a bowl) for 15 minutes.
- ☐ While the eggplant is draining, heat the canola oil over medium heat in a large saute pan and add the onions, 1/2 teaspoon salt and 1/4 teaspoon cumin. Cook, stirring often, for about 15 minutes, until the onions have softened and begin to brown.
- ☐ Rinse the eggplant thoroughly with cold water.
- ☐ Place the eggplant in the center of clean kitchen towel and squeeze dry.
- ☐ Add to the saute pan with the onions.
- ☐ Add the garlic. Cook, stirring almost constantly, for another 15 minutes, until the eggplant is tender and the mixture is lightly browned.
- ☐ Spread the mixture out onto a dinner plate and place in the refrigerator or freezer until chilled.
- ☐ When the vegetable mixture is completely chilled, add the reserved chicken chunks, the vegetable mixture, the pistachios, and the yogurt to a food processor. Process in 1-second

pulses until a paste forms but you can still see small bits of chicken. Form into rounded tablespoon-sized balls and flatten into disks. Chill in the refrigerator for at least 1 hour or up to overnight.

- ☐
- To cook, preheat your broil and place koftas on a foil-lined baked dish about 4 to 6 inches from the heating element. Cook two to four minutes per side, until some charring appears and kofta are cooked through.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:12.994347937729%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 211.25kcal (10.56%), Fat: 10.88g (16.74%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 5.68g (2.06%), Sugar: 4.08g (4.54%), Cholesterol: 72.87mg (24.29%), Sodium: 1088.68mg (47.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.51%), Selenium: 22.45µg (32.07%), Vitamin B6: 0.6mg (30.1%), Manganese: 0.59mg (29.43%), Vitamin B3: 5.51mg (27.54%), Phosphorus: 216.18mg (21.62%), Vitamin B1: 0.23mg (15.52%), Potassium: 526.65mg (15.05%), Fiber: 3.57g (14.27%), Vitamin K: 13.84µg (13.18%), Vitamin B2: 0.22mg (12.97%), Vitamin B5: 1.23mg (12.32%), Vitamin E: 1.67mg (11.12%), Zinc: 1.66mg (11.09%), Magnesium: 40.97mg (10.24%), Vitamin B12: 0.57µg (9.44%), Copper: 0.17mg (8.36%), Iron: 1.3mg (7.21%), Folate: 25.59µg (6.4%), Vitamin C: 3.76mg (4.56%), Calcium: 43.66mg (4.37%), Vitamin A: 61.23IU (1.22%)