

Sheet Pan Honey Mustard Chicken Meatballs

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Ground Chicken, thawed
Farmhouse Kitchen Honey Mustard Dressing, stirred well before use
J & B Farm Cabbage, outer leaves and core removed, washed
Gundermann Acres Sweet Potato, washed, scrubbed, peeled(optional)
Gray Gardens Green Onion, root ends trimmed
Canola or Olive Oil
Salt and Pepper

Preheat oven to 425°F degrees placing rack in middle position.

STEP 1 While the oven is preheating, chop sweet potato into approximately 1/2" thick pieces and add to a large foil-lined baking sheet. Slice green onions into 1/2" pieces and set aside. Drizzle the sweet potato 1 tbsp. oil and 1/2 tsp. salt and pepper. Toss to coat, spread out in an even layer, and set aside.

STEP 2 Add the ground chicken 1/2 tsp. salt and pepper to a bowl. Combine with your hands to evenly distribute the spice amongst the meat. Form 10-12 small meatballs, about the size of a ping pong ball. Set the meatballs on the baking sheet amongst the sweet potato. Space the meatballs about 2" apart. Roast for 10-12 minutes.

STEP 3 While meatballs and sweet potatoes are roasting, prepare the cabbage. Remove core, if not done already and slice into very thin ribbons. Combine in a bowl with half honey mustard, salt and, pepper to taste. Set aside until ready to serve. Halfway through meatballs and sweet potatoes baking, toss green onions in 1/2 tbsp. oil, salt and pepper to taste. Add to sheet pan. Roast an additional 5-7 minutes or until meatballs reach internal temperature of 165°F and vegetables are caramelized and brown on the outside but fork tender on the inside.

STEP 4 To serve, plate meatballs and roasted vegetables together. Drizzle with remaining honey mustard sauce. Eat with a side of cabbage slaw. Alternatively, you can plate the slaw on top of the meatballs and veggies then drizzle honey mustard over all components of the meal. Enjoy!

Sheet Pan Honey Mustard Chicken Meatballs

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Ground Chicken, thawed
Farmhouse Kitchen Honey Mustard Dressing, stirred well before use
J & B Farm Cabbage, outer leaves and core removed, washed
Gundermann Acres Sweet Potato, washed, scrubbed, peeled(optional)
Gray Gardens Green Onion, root ends trimmed
Canola or Olive Oil
Salt and Pepper

Preheat oven to 425°F degrees placing rack in middle position.

STEP 1 While the oven is preheating, chop sweet potato into approximately 1/2" thick pieces and add to a large foil-lined baking sheet. Slice green onions into 1/2" pieces and set aside. Drizzle the sweet potato 2 tbsp. oil and 1 tsp. salt and pepper. Toss to coat, spread out in an even layer, and set aside.

STEP 2 Add the ground chicken 1 tsp. salt and pepper to a bowl. Combine with your hands to evenly distribute the spice amongst the meat. Form 16-18 small meatballs, about the size of a ping pong ball. Set the meatballs on the baking sheet amongst the sweet potato. Space the meatballs about 2" apart. Roast for 10-12 minutes.

(NOTE: You may need to cook meatballs and sweet potatoes in multiple batches)

STEP 3 While meatballs and sweet potatoes are roasting, prepare the cabbage. Remove core, if not done already and slice into very thin ribbons. Combine in a bowl with half honey mustard, salt and, pepper to taste. Set aside until ready to serve. Halfway through meatballs and sweet potatoes baking, toss green onions in 1 tbsp. oil, salt and pepper to taste. Add to sheet pan. Roast an additional 5-7 minutes or until meatballs reach internal temperature of 165°F and vegetables are caramelized and brown on the outside but fork tender on the inside.

STEP 4 To serve, plate meatballs and roasted vegetables together. Drizzle with remaining honey mustard sauce. Eat with a side of cabbage slaw. Alternatively, you can plate the slaw on top of the meatballs and veggies then drizzle honey mustard over all components of the meal. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Ground Chicken - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Honey Mustard Dressing - Store in the refrigerator. Use within 5 days. (Ingredients: whole grain mustard, YoungBloods honey, apple cider vinegar, Patty's Herbs rosemary, canola oil, extra virgin olive oil, salt, pepper)

Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

Green Onion - Store upright in glass of water, plastic bag covering the green stalks, in the fridge.

****Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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