



Chicken Cheeseball Kabobs on Veggie Spaghetti

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For Chicken Cheeseball Kabobs

- 1 Tablespoon olive oil
- 1 pound ground chicken
- 1 cup whole wheat breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/4 cup parsley, chopped
- 2 Tablespoons Italian seasoning
- 2 garlic cloves, peeled, minced
- 1 egg
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 pound cold skim milk mozzarella, cut into 18 cubes
- 6 wooden skewers
- 1-1/2 cups marinara sauce for dipping

For Veggie Spaghetti

- 3 to 6 zucchini or as desired
- 2 to 3 yellow squash
- 2 carrots or 1-1/2 cups shredded carrots

2 Tablespoons olive oil
Garlic salt; ground black pepper as desired
2 Tablespoons fresh basil, fine chopped

Preheat oven to 375 degrees F. Cover a large baking sheet with release aluminum foil; grease well with olive oil.

In large bowl, combine ground chicken, breadcrumbs, Parmesan cheese, parsley, Italian seasoning, and garlic.

In small bowl, beat egg, salt, and pepper until well blended. Pour into chicken mixture; mix with large spoon to blend.

To make each ball, using about 3 Tablespoons chicken mixture, form into 18 balls. Flatten each ball, place mozzarella cube into center of each ball; reform chicken to securely cover cheese, reform into meatball shape. Place on baking sheet; bake for 15 minutes or golden on bottom. Carefully turn balls over; cook 10 more minutes. Remove from baking sheet immediately place on warm plate.

Using a spiral veggie slicer or box grater, spiral shred zucchini, yellow squash, and carrots into thin circular strips so they look like spaghetti.

In large skillet, warm oil over medium heat, add zucchini, squash, and carrots; cook only until slightly tender but not mushy, about 3 to 5 minutes. Season with garlic salt and black pepper as desired. Serves: 4 to 6

Danielle's Serving Suggestion: Place 3 chickencheese balls per skewer. Divide veggie spaghetti onto six plates; sprinkle with chopped basil, place chicken kabobs on top. Serve with warm marinara sauce on side for dipping.

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Cook's Note: I found it easier to prepare the chicken balls earlier and store in the refrigerator until ready to bake. The cheese melts easily so make sure it's securely covered with chicken meat. I also found that using a

chilled cheese produced a better result. For serving, I placed the marinara sauce on a serving plate, lightly seasoned veggie spaghetti in the center and kabobs around the side.

About the Recipe: The chicken meatballs are delicious with the marinara sauce and the melting cheese is a delightful surprise. The veggie spaghetti was light and full of flavor. It is a beautiful dinner dish. You will have to watch out as the kids will want to munch on any melted oven cheese drippings as they are crunchy good.