Ground Chicken Breast Recipes

Ground chicken breast makes lean baked meatballs when paired with breadcrumbs, egg and finely grated zucchini. Squeeze excess liquid from the zucchini, mix gently, and use equal portions so the meatballs finish together. Ground poultry must reach 165°F (74°C).



Prep	Cook	Additional	Total	Servings
20 min	20 min	3 min	43 min	4

Ingredients

- 1 pound ground chicken breast / 450 g
- 1/2 cup finely grated zucchini / 70 g, squeezed dry after measuring
- 1/3 cup plain breadcrumbs / 35 g
- 1 large egg
- 1 tablespoon olive oil / 15 ml, divided
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup prepared marinara sauce / 240 ml, for serving

Instructions

1. Heat the oven to 400°F (200°C) and line a rimmed pan with oven-safe parchment.

2. Wrap the grated zucchini in a clean towel and squeeze out excess moisture.

3. Beat the egg in a bowl. Add chicken, squeezed zucchini, breadcrumbs, half the oil, oregano, garlic powder, salt and pepper.

4. Mix only until evenly combined. Form 16 similarly sized meatballs with lightly damp hands and space them on the pan.

5. Brush the tops with the remaining oil. Bake about 18 to 22 minutes, checking the centers of several meatballs for 165°F (74°C).

6. Warm marinara in a small saucepan while the meatballs cook. Rest the meatballs for 3 minutes, then serve with the warm sauce.

Time, Temperature & Doneness

The center of several meatballs must reach 165°F (74°C). Ground chicken requires the poultry temperature, even if the outside is browned.

Ingredient Notes & Substitutions

Ground breast: Very lean chicken benefits from a little added oil and moisture.

Zucchini: Squeezing limits excess liquid; do not skip that step.

Yield: Sixteen meatballs make four main-dish portions of four each.

Breadcrumbs: Use a suitable gluten-free product if needed; the base recipe contains wheat and egg.

Tips for Success

Use equal-sized scoops.

Mix gently rather than kneading.

Check more than one meatball for temperature.

Keep serving sauce separate until the meatballs are cooked.

Common Mistakes to Avoid

Leaving zucchini wet.

Packing the mixture tightly into dense balls.

Using beef’s temperature guidance for ground chicken.

Recipe Variations

Carrot version: Replace zucchini with 1/3 cup finely grated carrot.

Herb version: Add 1 tablespoon chopped parsley.

Patty version: Shape into 8 small patties and adjust cooking time, still reaching 165°F (74°C).

Serving Suggestions

Serve four meatballs per person with marinara and pasta, rice or roasted vegetables.

Storage

Refrigerate cooked leftovers promptly in shallow containers within 2 hours, or within 1 hour when exposed to temperatures above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing

Freeze cooked meatballs in a single layer, then transfer to an airtight container for up to 3 months for best quality. Freeze sauce separately if convenient.

Reheating

Reheat meatballs in a covered dish with marinara or a splash of broth until their centers reach 165°F (74°C).

Frequently Asked Questions

Can I use regular ground chicken?
Yes. It may contain more thigh meat and fat than ground breast and can be more forgiving.

Why is the mixture sticky?
Ground chicken is naturally soft. Lightly damp hands help with shaping.

Can I omit the egg?
The binder would change; use a separately developed egg-free version rather than simply removing it.

Can I freeze the cooked meatballs?
Yes. Freeze in a single layer, then pack airtight in portions.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - ground chicken shaping technique reference

FoodSafety.gov - safe minimum internal temperatures

FoodSafety.gov - cold food storage chart

FoodSafety.gov - prompt chilling and cross-contamination prevention