

Chicken Wrapped Veggie Cakes

Recipe By Ronit Peskin



Cooking and Prep:  1 h

Serves:  4

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Rosh

Hashanah, Sukkot

Diet: Low Fat, Sugar Free,

Low Carb

Source: Whisk by Ami

Magazine

Ingredients (11)

Main ingredients

- 1 whole chicken breast
- 1-3 eggs
- 1 medium onion, minced
- 1 pound grated vegetables (carrots, zucchini, greens, celery, kohlrabi, pumpkin, sweet potato, potato, c anything else you can grate or slice up small without it turning to mush)

- bread crumbs, preferably whole wheat (see tip) or [Gefen Breadcrumbs](#)
 - TVP flakes *(optional)*
 - ground seitan *(optional)*
 - salt
 - black pepper
 - garlic powder
 - sugar *(optional)*
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Start Cooking

Prepare the Chicken

1. Using a sharp knife and flat cutting surface, cut the chicken breast into thin, long pieces, the thinner the better. The width isn't important, but each piece should be long enough to wrap around a veggie cake. I usually am able to cut four large pieces and one small piece per side of the chicken breast. This may take you a few tries to get it right. If you make mistakes, try cutting chicken breasts into three, and when you get that right, try four or five. If the pieces are too small, make mini ones and serve two.

Prepare the Veggie Cakes

1. Squeeze out excess water from grated veggies. Add a little oil to a non-stick pan over low heat. Add vegetables and cook until completely soft. Set aside.
2. Sauté the onion until translucent.
3. Combine the cooked vegetables, onions, bread crumbs, eggs, salt, and pepper. Add ground seitan or TVP if desired. (Note that eggs and bread crumbs also contain protein.) Add enough of each item until it holds together uniformly. If the mixture is falling apart, you may need more breadcrumbs or eggs. Once cooked, whole wheat bread crumbs look like ground meat, so if you want to give the illusion of serving even more meat, increase the bread crumb to vegetable ratio. Alternatively, whip it all up in the blender for a more uniform texture, especially if using vegetables that don't grate easily.

Tip:

*You can make bread crumbs easily and cheaply yourself by processing your leftover stale whole wheat bread or challah.

Assemble and Bake

- 1.** Make fist-sized balls of the filling mixture and wrap chicken breasts around each one. Place them on a baking sheet, seam side down.
- 2.** Sprinkle with salt, garlic, and a pinch of sugar.
- 3.** Preheat oven to 350 degrees Fahrenheit. Cook chicken breasts until they change color. This can take as little as 10 minutes, so watch carefully.