

# Tarragon Chicken Croquettes



## NUTRITION INFORMATION:

SERVING SIZE: 2

TOTAL SERVINGS: 10

CALORIES: 130

WW POINTS: 1SP

## INGREDIENTS:

4 cups cooked diced chicken

**Note:** Leftover chicken or canned chicken works great for this recipe

1 large sweet onion diced

2 red peppers diced

4 eggs

1 cup breadcrumbs

1 tbsp fresh tarragon minced (or 1 tsp dried)

2 tsp garlic powder

2 tsp onion powder

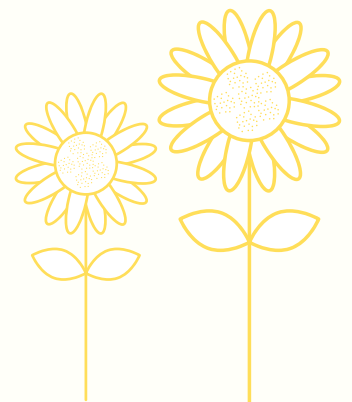
2 tsp salt

2 tsp black pepper

Oil Spray

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## DIRECTIONS

In a large mixing bowl, combine all of the ingredients above and mix well with clean hands. Spray large frying pan with oil. Using  $\frac{1}{4}$  cup measuring cup, scoop out a level  $\frac{1}{4}$  cup of the mixture. Place in the frying pan and flatten with a spatula into a pancake shape.

You could also make the patties with your hands and place into the pan. Cook approximately 5 minutes on each side until golden brown, adding some spray oil to the tops before flipping them over to cook the other side. Makes approximately 20 croquettes.

Serve on a bed of lettuce. I drizzled some light ranch dressing on these, but you can use any type of dressing, dipping saice, or ketchup that works for you!

## EAT & ENJOY

