

Chicken Meatballs

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 5 servings

Category: Lunch, Dinner

Method: Oven

It's Chicken, It's Meatballs...It's Delicious! These tender and tasty balls of heaven are perfect for people who love meatballs but are cutting back on the amount of beef they eat! Just like my beef recipe, I love the versatility; I have them with gravy, make meatball subs or serve them as appetizers. They also freeze very well and can be thawed out quickly for an easy meal during the week.

INGREDIENTS:

1lb ground chicken
½ medium yellow onion, minced
5-6 mini sweet peppers (red, yellow & orange)
1/2 cup of Italian breadcrumbs
1/4 cup of parmesan cheese
2 eggs
¼ cup of parsley, finely chopped
1 tsp Worcestershire sauce
1 tsp of sea salt
½ tsp freshly cracked black pepper

INSTRUCTIONS:

Preheat your oven to 375 degrees. In a large mixing bowl, combine breadcrumbs, onion, sweet peppers, parmesan cheese, parsley, salt & pepper. Add chicken, W sauce, egg and mix it all together until thoroughly combined but Do Not Over Mix.

Spritz your baking dish with non-stick cooking spray and prepare the meatballs by hand rolling them into a golf ball size. I do this next to the sink so that I can rinse my hands in cool water after every few meatballs. I found that keeping your hands moist through this process keeps the meat from sticking to them.

Once all the meatballs are formed, pop them into the oven on the center rack and bake for 30-35 minutes.

NOTES:

I like to serve these in a pan gravy over creamy mashed potatoes for a super delicious and comforting meal.