



BAKED CHICKEN MEATBALLS

Basic Lifestyle

INGREDIENTS

- 1/2 cup shredded Parmesan cheese
- 1/2 cup dry bread crumbs
- 1 large egg, lightly beaten
- 2 TBS olive oil
- 1/2 TSP salt
- 1/2 TSP garlic powder
- 1/2 TSP paprika
- 2 TSP minced fresh parsley or 1/2 teaspoon dried parsley flakes
- 1/2 TSP pepper
- 1 pound ground chicken (or turkey)

INSTRUCTIONS

- Preheat oven to 400°.
- In a large bowl, combine the first 9 ingredients. Add chicken; mix lightly but thoroughly.
- Shape into 1-1/2-in. balls. Place meatballs on a greased rack in a 15x10x1-in. baking pan.
- Bake until cooked through, 20-25 minutes. If desired, top with additional chopped fresh parsley.

SERVING INFO: (Serves 4)

5 chicken meatballs = 1 P, 1/2 M, 1/2 FT

See photo at [Instagram](#) and [Facebook](#).