CHEESY CHICKEN MEATBALLS   Basic Lifestyle

INGREDIENTS

1 pound ground chicken

2 eggs, lightly beaten

1/4 cup Philadelphia 'light' roasted garlic cream cheese
   or Laughing Cow garlic-and-herb

1/4 cup grated Parmesan cheese

1 TBS dry bread crumbs

1 TSP crushed red pepper flakes

1 TBS Italian seasoning

1 TBS garlic powder

1-1/2 TBS vegetable oil

1 TSP salt

1 TSP ground black pepper

INSTRUCTIONS

—Preheat oven to 450° F. Line a rimmed baking sheet with aluminum foil, and spray with cooking spray.

—Combine the chicken, eggs, cream cheese, Parmesan cheese, bread crumbs, red pepper flakes, Italian seasoning, garlic powder, vegetable oil, salt, and pepper in a large bowl; mix well.

—Form mixture into 20 meatballs; place on prepared pan.

—Bake in center of oven until juices run clear, 17 to 18 minutes. An instant-read thermometer inserted into the center should read at least 165°.

SERVING INFO: (Yields 5 servings)

Serving = 4 meatballs = 1 P

See recipe photo at Instagram and Facebook