

Chicken Parmesan Meatballs



Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

1. 1 lb. Ground Chicken
2. ½ Cup Pizza Sauce (divided)
3. ¼ Cup Parmesan (grated)
4. 4 Tbs. Italian Flat Leaf Parsley (chopped)
5. 1 Tbs. Garlic (minced)
6. ½ tsp. Italian Seasoning
7. ½ tsp. Onion Powder
8. ½ tsp. Garlic Salt
9. ¼ tsp. Black Pepper
10. 3 oz. Mozzarella Cheese

Directions:

1. **Preheat oven to 350'**
2. **In a large mixing bowl, combine ground chicken, 2 Tbs. pizza sauce, parmesan cheese, parsley, garlic, Italian seasoning, onion powder, garlic salt, and black pepper.**
3. **Form into 12 equal meatballs and place into an 8"x11" glass baking dish.**
4. **Bake 25 minutes on middle rack of oven.**
5. **Remove from oven, spoon remaining pizza sauce over top of each meatball and top with mozzarella cheese.**
6. **Broil on top rack until cheese is melted and golden brown- about 2-3 minutes.**

Nutrition Facts

Amount per serving: 3 Meatballs

Calories	276
Total Carbs	3 nt. g
Total Fat	14.5 g
Protein	32.5 g