



# Noreen's Kitchen

## Light & Easy Low Carb

### Chicken Meatballs

#### Ingredients

2 pounds ground chicken breast	1 teaspoon pizza seasoning
1 cup fine almond meal	1 teaspoon onion powder
1 cup grated parmesan cheese (optional)	1 teaspoon garlic powder
2 eggs	1 teaspoon Kosher salt
1 teaspoon Italian seasoning	1 teaspoon cracked black pepper
1 teaspoon dried basil	

#### Step by Step Instructions

Combine all ingredients in large bowl and mix well by hand, being sure to evenly incorporate everything. If you feel like your mixture is a bit to stiff, you can add a couple of teaspoons of water to the mix and blend well.

Form mixture into meatballs that are approximately 1 ounce each. You can use a cookie scoop or disher for this or you can weigh out the meat as you go on a kitchen scale.

Place formed meatballs onto a baking sheet that has been lined with both foil and then parchment. This recipe made approximately 36 meatballs.

Bake meatballs in a preheated 375-degree oven for 25 to 30 minutes or until meat thermometer reads 165 degrees. Remove from oven and allow to cool for five minutes before serving.

I served these simmered in a light marinara sauce over zucchini noodles.

You can make these all at one time like I did or after you have formed them, you can freeze them on a tray and once frozen transfer to a freezer bag or storage container and remove what you need when you are ready to use them.

You can freeze these after they are cooked by freezing them on a tray and then once frozen remove to a freezer bag or storage container.

To bake raw frozen meatballs, place on a sheet pan in a 400-degree oven for 30 minutes or until a meat thermometer reads 165 degrees.

To bake cooked frozen meatballs, allow to thaw then place on a baking sheet in a 375-degree oven for 15 to 20 minutes or until heated through. You can also simmer the cooked frozen meatballs in any sauce of your choice until they are warmed through.