

## **CHICKEN MEATBALLS**

### **Equipment**

None

### **Ingredients**

1	lb	ground chicken (or turkey)
1/2	tsp	salt
1	tsp	pepper
1/2	cup	breadcrumbs (or crushed saltines)
1	large	egg
1/2	cup	fresh Parmesan cheese, grated
1/2	tsp	garlic powder, or 1 clove garlic
1/2	tsp	onion powder, or 2 tsp diced fresh
1/2	tsp	dried oregano
1/4	cup	fresh parsley, chopped



### **Directions**

- Preheat the oven to 400 degrees. Line a baking sheet with foil or spray lightly with cooking spray.
- Add all of the ingredients to a large mixing bowl and use your hands or a spoon mix everything together. Scoop the mixture into 25- 30 small meatballs, and place them on a baking sheet ½ inch apart.
- Bake for 25-30 minutes or until cooked through.
- Leftover meatballs will store well in the refrigerator in an airtight container for 3-4 days.