

Lorraine Matthews-Antosiewicz, MS RD

helping you live a healthy weigh of life

Chicken Pesto Parmesan Meatballs

Makes about 15 meatballs

INGREDIENTS

1 pound ground chicken breast (I used organic)

¾ cup panko bread crumbs (I used whole wheat)

⅓ cup pesto sauce (I used store-bought in a jar)

¼ cup grated Parmesan cheese

2 tbsp fresh minced parsley

1 large egg, slightly beaten

Salt & pepper to taste

DIRECTIONS

Preheat oven to 375°F. Line a rimmed baking sheet with foil. Place a metal rack over the foil lined pan and spray lightly with cooking spray.

In a medium bowl mix all ingredients until combined. Be sure not to overmix.

Wet your hands and form meatballs (about 1 inch each). Place meatballs on prepared rack and space evenly without crowding.

Bake for 25 – 30 min or until golden brown and cooked through.