



CHICKEN MEATBALLS WITH SUNDRIED TOMATOES AND BASIL

By Dr. Cindy Tanzar
(Standard/Maintenance)

This recipe is a delicious twist on meatballs. The sun-dried tomatoes add exceptional flavor and moisture to the meat. The result is a hearty, yet light and very moist meatball that is very easy to make. This recipe makes four servings, so just divide the meatballs equally. One serving covers your protein for one meal.



INGREDIENTS

- 1 lb. ground chicken (less lean, not ground white meat)
- 1/3 cup oil-packed sun-dried tomatoes
(Like Mezzetta's* – without sulfites is best)
- 2 garlic cloves, minced



1 Tbsp fresh basil (or 1 tsp dried basil)
1/2 tsp. Pink Himalayan salt
Black pepper, to taste

INSTRUCTIONS

Preheat oven to 425°F. Line a large baking sheet with parchment paper.

Roll a healthy tablespoon of the mixture into a ball and place it onto the parchment paper, spacing them all evenly (makes about 12).

Bake for 15 minutes.

* Mezzetta's Sun-Dried Tomatoes

