



GREEK CHICKEN MEATBALLS WITH A SIMPLE LEMON SAUCE

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

This recipe is incredibly easy and fast to make. It's very light and satisfying with a creamy lemon sauce that is rich and mild. You will run a tad over on the fat, but it won't be an issue. Be sure to use the less lean ground chicken, as it will keep the meatballs moist.

Makes 4 servings. One serving is one-quarter of the recipe (depends on size of your meatballs) and covers your protein and fat for one meal.



INGREDIENTS FOR MEATBALLS

- 1-lb ground chicken (dark meat, not all white or extra lean)
- 1 tsp. onion powder
- 1 tsp. dried dill
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1/2 tsp. Pink Himalayan salt
- Grated zest of one lemon



INGREDIENTS FOR LEMON SAUCE

4 Tbsp Kerry Gold butter
Juice of 1/2 a fresh lemon
2 Tbsp organic heavy cream

INSTRUCTIONS

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

Add all ingredients to a large bowl and mix well. Form meatballs with a healthy tablespoon of the chicken mixture and place them on the baking sheet.

Bake for 15 minutes or until 160°F. Do not overcook or they will be dry.

For the Sauce:

Melt the butter gently in a small sauce pan. Add the lemon juice and heavy cream. Mix well and pour over the meatballs.