

# Easy Chicken Meatballs

## Easy Chicken Meatballs

These chicken meatballs are the very best meatballs ever, the healthier version of everyone's favorite.

Ground chicken breast, seasoned with rich traditional Italian flavors, so good you'll want to make them often.

Think pasta and meatballs, meatball sandwiches or just a bowl of meatballs with sour dough bread to sop up the homemade marinara sauce.

Chicken meatballs can be used in many different ways and frozen for ready made meals for busy weeknight dinners, or unexpected company is coming.

It's not often you find a meal everyone will love, when you do it's a win-win.

While the Italian meatball may not rival in popularity in the same way as the American hamburger, it still has a big following across the nation. I know they 're popular in my house

## The Definition Of Meatballs

The definition of meatballs is ground meat that is shaped into a ball. In Italian meatballs they are made from beef or veal and either fried or baked before finishing the cooking process in marinara sauce. We had this meal twice a week when I was growing up, on Thursday and Sunday.

I still make the same meal for my family at least once a week using ground chicken. These chicken meatballs are a healthier version of the classic without losing

any of the authentic Italian flavors. I made them even healthier by baking them in my Cuisinart air fryer

### **A few tips**

**Don't over mix the meat mix only until well blended,**

**if your hand are damp it makes it easier to roll**

**Pre portion the meat before forming into meatballs**

**Don't overcook bake total cooking time is 30 minutes 10 minutes in the oven and 20 minutes in the marinara sauce**

If you make these chicken meatballs please leave me a comment and don't forget to tag me on Instagram....That's my favorite part hearing from you !!! If you love meatballs try my Baked vegetarian zucchini meatballs for a delicious vegetarian option or the classic .Meatball Sunday sauce

## **Ingredients**

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste

## **Instructions**

1. Turn oven to 375 degrees

2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don't over mix
4. With damp hands roll into golf size balls
5. bake in a preheated oven 10 minutes
6. Transfer to prepared marinara
7. Simmer 20 covered 20 minutes
8. ENJOY!!!!