Chicken Meatballs

Serving Size: ¼ | Servings per Recipe: 4 | Healthy

30 min

INGREDIENTS

- 1 lb ground chicken
- 1 egg
- ½ cup feta cheese
- 1 ½ tsp dried oregano
- ½ tsp salt and pepper
- Cooking spray

DIRECTIONS

- In a large bowl, mix all of the ingredients.
- Shape the mixture into 15 meatballs.
- In a large pan over medium heat, spray pan with cooking spray. Add meatballs ensuring they have enough room to brown and cook evenly. Flip the meatballs every minute until they are browned. About 5-6 minutes.
- Add a lid and continue cooking until the internal temp is 165 degrees.

Calories per serving: 235 kcal | 14 g total fat | 2 g total carbohydrates | 24 g protein

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
Feeding Hope