

Chicken Meatballs



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 30-35 Meatballs

Pesto Ingredients:

- 2 lbs. Organic Ground Chicken
- 2 Teaspoon Dijon Mustard
- 2 TBSP Gluten Free Tamari Sauce
- 2 Teaspoon Gluten Free Worcestershire Sauce
- 6-8 Garlic Cloves Minced *(optional)*
- 1 Teaspoon Garlic Powder *(if don't use fresh garlic increase this to 2 TBSP)*
- 2 Teaspoon Onion Powder
- 2 Teaspoon Dried Oregano
- 2 Teaspoon Dried Basil
- 2 TBSP Fresh Basil *(for topping)*
- 1 Teaspoon Himalayan Sea Salt
- 2 Eggs
- ¾ Cup Gluten Free Breadcrumbs *(I used Aleia's Brand) Can substitute almond flour*
- 2 TBSP Extra Virgin Olive Oil

Instructions:

1. In a large bowl add the following ingredients: ground chicken/mustard/tamari/Worcestershire/garlic powder/onion powder/oregano/dried basil/salt/eggs/breadcrumbs.
2. Mix with hands, may need to add a bit more breadcrumbs if too wet.
3. Roll meatballs – size should be 1 ½ - 2 inch diameter.
4. Heat large sauté pan – adding 1 tablespoon of the olive oil. Will need to do at least 2 batches (reserving other tablespoon of oil for 2nd batch).
5. Add meatballs to pan and rotate around so browns on all sides. Cook approximately 10 minutes. Place on plate lined with paper towel to soak up oil.
6. Serve with your favorite sauce and pasta.

***Try and use all organic ingredients if possible. ChristiHealthCoach.com**