

Mediterranean Chicken Meatballs

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, mixing bowl, saute pan, baking sheet.

Serves: 4

Ingredients:

- 1 lb lean ground chicken or turkey
- 4 cloves Garlic
- ½ medium onion (diced small)
- 1 tsp olive oil
- ½ cup multigrain or whole wheat breadcrumbs
- 1 egg
- 1 tsp dried oregano
- ½ tsp parsley
- ½ tsp dried basil
- ½ tsp red pepper flakes (optional)
- Salt and Pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Mince garlic and onion in a saute pan over medium heat until cooked through.
3. In mixing bowl combine ground protein, sauteed garlic and onion and the rest of the ingredients.
4. Mix until thoroughly combined and all herbs and spices are evenly distributed throughout.
5. Roll into 20 small meatballs and place on baking sheet evenly spaced.
6. Bake for 16-20 minutes or until the juices bake out clear and the center is no longer pink. (165 degrees.)

Nutrition Information (per 1/4th recipe):

Calories: 238 Fat: 14.2 g Carbs: 6.5 g Protein: 23.8 g Fiber: 1.3 g Sodium: 152 mg

<https://wexnermedical.osu.edu/nutrition-services>

