

# Chicken Parmesan Meatballs

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## Ingredients:

- 1 pound ground chicken
- 1/2 cup Italian breadcrumbs
- 2 tablespoons finely chopped onion
- 1 tablespoon Italian Seasoning
- 1/2 cup grated parmesan cheese
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 clove garlic, minced
- 1 egg, whisked
- zest of half a lemon
- 3 tablespoons olive oil, divided
- 1 28 oz jar of san marzano tomatoes  
(Can sub with diced tomatoes)
- 1 24 oz jar marinara of choice
- Fresh basil if desired

## Directions

1. Preheat oven to 425 degrees
2. Add all ingredients up until the lemon zest to a medium mixing bowl. Add 1 TBS olive oil. Gently mix with hands until combined.
3. Drizzle 1 TBS of olive oil in a 9 x 13 casserole dish. Form meatballs with your hands and place in the dish
4. Pour can of tomatoes on top of meatballs and gently crush tomatoes with hands (this is a great task for kids to help with!) Pour marinara over the meatballs.
5. Place on the middle rack of the oven for 15 minutes. Remove from oven and add shredded parmesan cheese on top and place back in the oven for 5 minutes.
6. Remove, and ENJOY! You can add fresh basil or parsley on top if desired. I serve ours with whole wheat pasta, and roasted asparagus.

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MADE WITH LOVE

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by Teresa Forchard