

Marry Me Chicken Meatballs

Ingredients:

For the meatballs:

- 1 pound ground chicken (*I like the sweet Italian version from Sprouts*)
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/2 cup finely grated Parmesan
- 2 TBS olive oil
- 1/2 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 tsp onion powder
- 1/2 tsp salt
- Black pepper to taste

For the sauce:

- 3 TBS all-purpose flour
- 2 TBS olive oil
- 3 cloves garlic minced
- 1 cup chicken stock or broth
- 1/2 cup plain greek yogurt
- 1/2 cup finely grated parmesan cheese
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1/3 cup sun-dried tomatoes chopped
- Fresh basil for serving

Directions

1. Preheat oven to 400°
2. Mix together all ingredients for the meatballs in a medium bowl. Gently mix together- if you over mix it will make tough meatballs (hands work best for this)
3. Spray 9 x 13 casserole dish with olive oil spray. Roll the mixture into about 15 small balls (this is a great step to let your kids help with!) Place in equal rows in the casserole dish and place in the oven for 20 minutes.
4. While meatballs are cooking, you will make the sauce! Add 2 TBS olive oil to large skillet over medium heat. Saute the garlic for a minute or until it's fragrant. Add flour to the skillet and whisk together for a minute. Whisk in the chicken stock and seasonings to the skillet. Let cook for 3-4 minutes.
5. Mix ¼ cup of your hot liquid with the greek yogurt in a small bowl (this will temper the yogurt so it doesn't curdle) Turn heat to low and add greek yogurt, parmesan cheese, and sun-dried tomatoes to the skillet.
6. Remove meatballs from the oven and pour sauce over the meatballs. Place back in the oven for 5 minutes
7. Top with fresh basil.
8. Enjoy!

MADE WITH LOVE

by Teresa Forchard