

Chicken Meatballs

WITH FIG SAUCE AND FRESH ROSEMARY

Ingredients:

- 1 pound ground chicken
- 1 egg
- 1/2 cup breadcrumbs
- 1/2 cup grated or cubed Parmesan cheese
- 2 tablespoons olive oil (*optional – makes meatballs more moist and yummy*)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 tsp paprika
- black pepper to taste
- 9 oz fig jam of choice (*I try to keep added sugar under 10 grams. This one is so good*)
- 2-3 sprigs fresh rosemary
- Fresh figs to garnish if desired

Directions

1. Preheat the oven to 400 degrees.
2. Mix all the ingredients together in a mixing bowl.
3. Roll the mixture into about 30 small balls. Place in a single layer in a casserole dish
4. Bake for 15 minutes. Remove from oven and add fig spread to the dish. 1 dollop around the dish. Place back in the oven for 10 minutes. Remove, and stir the jam and meatballs so everything is covered. Place back in the oven for 5 minutes
5. Remove and garnish with fresh rosemary
6. Enjoy!

MADE WITH LOVE

by Teresa Forchand