

Mini Parmesan Chicken Meatballs

INGREDIENTS

Meatballs

- 1 lb ground chicken
- 1 egg
- 1 tbsp milk (adds moisture)
- 1/2 cup breadcrumbs
- 1/2 cup grated Parmesan
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp salt
- Black pepper, to taste

Glaze

- 9 oz fig jam
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1-2 tbsp water, to thin
- 2-3 fresh rosemary sprigs (crush slightly to release oils)

Crunchy Parmesan Topping (optional but worth it!)

- 1/4 cup panko breadcrumbs
- 2 tbsp grated Parmesan
- Olive oil spray

DIRECTIONS

1. Preheat oven to 400°F and place an empty baking sheet inside to heat.
2. Mix all meatball ingredients in a bowl, roll into 45-50 mini meatballs.
3. Carefully remove the hot baking sheet, add parchment, place meatballs on top, and bake 10-12 minutes.
4. Switch to broil, spray tops with olive oil, and broil 2-3 minutes until golden.
5. While they cook, simmer fig jam, balsamic, Dijon, water, and rosemary for 3-4 minutes until glossy.
6. Transfer meatballs to a dish, pour glaze over top, and toss to coat.
7. Mix panko + Parmesan, sprinkle on top, and broil 1 more minute (optional).
8. Garnish with rosemary and halved figs, then serve warm.