

BBQ Mini Meatballs

INGREDIENTS

- 1½ lbs ground chicken (93% lean)
- 1 egg
- ½ cup panko
- 2 tbsp milk
- ¼ cup finely grated onion
- 1 clove garlic, minced
- 1 tsp smoked paprika
- ½ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp Worcestershire sauce
- 1 tbsp olive oil

For Glazing

- ¾-1 cup BBQ sauce
- 1-2 tbsp water (to loosen)

DIRECTIONS

1. Preheat oven to 400°F. Line a sheet pan (use a rack if you have one for better browning).
2. In a large bowl, combine all meatball ingredients. Mix gently until just combined.
3. Roll into mini meatballs (about 1 tablespoon each). You should get 28-32.
4. Bake 12-14 minutes, until internal temp reaches 160-165°F.
5. Whisk BBQ sauce with water. Brush generously over meatballs.
6. Return to oven for 3 minutes, then broil 60-90 seconds until glossy and caramelized. Watch closely.