

Marry Me Chicken Meatballs



INGREDIENTS

- 1½ pounds ground chicken
- 1 large egg
- ½ cup panko breadcrumbs
- ¾ cup finely grated Parmesan cheese
- 1½ teaspoons Italian seasoning
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- 1 teaspoon kosher salt
- Freshly ground black pepper, to taste

For the Sauce

- 1 tablespoon oil from the jar of sun-dried tomatoes
- 3 garlic cloves, minced
- 2 tablespoons all-purpose flour
- 1½ cups low-sodium chicken broth
- ½ teaspoon Italian seasoning
- ⅛ teaspoon crushed red pepper flakes
- Freshly ground black pepper, to taste
- ½ cup plain whole-milk Greek yogurt
- ½ cup finely grated Parmesan cheese
- ½ cup oil-packed sun-dried tomatoes, drained and chopped
- Kosher salt, to taste
- Fresh basil, for serving
- Additional finely grated Parmesan cheese, for serving, optional

DIRECTIONS

1. Preheat the oven. Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper or lightly coat it with olive oil spray.
2. Make the meatballs. In a medium bowl, combine the ground chicken, egg, panko, Parmesan, Italian seasoning, garlic powder, onion powder, salt, and black pepper. Gently mix just until combined, being careful not to overmix.
3. Shape and bake. Shape the mixture into about 18-20 meatballs and arrange them on the prepared baking sheet. Bake for 15-18 minutes, or until lightly golden and the centers reach 165°F.
4. Start the sauce. While the meatballs bake, heat the sun-dried tomato oil in a large skillet over medium heat. Add the garlic and cook for about 30 seconds, just until fragrant. Sprinkle in the flour and cook, whisking constantly, for about 1 minute.
5. Add the broth. Slowly pour in the chicken broth while whisking until smooth. Add the Italian seasoning, crushed red pepper flakes, and black pepper. Bring to a gentle simmer and cook for 3-4 minutes, stirring occasionally, until the sauce begins to thicken.
6. Temper the Greek yogurt. Place the Greek yogurt in a small bowl. Slowly whisk about ¼ cup of the warm sauce into the yogurt until smooth.
7. Finish the sauce. Remove the skillet from the heat. Gradually stir in the tempered Greek yogurt, followed by the Parmesan and sun-dried tomatoes. Stir until the Parmesan has melted and the sauce is smooth and creamy. Taste and season with kosher salt if needed.
8. Add the meatballs. Return the skillet to low heat and add the cooked meatballs. Gently toss to coat and cook for 2-3 minutes, just until everything is warmed through. Do not allow the sauce to boil. If the sauce becomes too thick, add a splash of chicken broth until it reaches your desired consistency.
9. Serve. Top with fresh basil and additional Parmesan, if desired. Serve warm.