

Moist Lil' Chicken Meatballs

Ingredients:

- ¼ c. Panko Breadcrumbs
- ¼ c. Flat Leaf Parsley, chopped
- ½ c. liquid Egg replacement
- 1 ½ Tbsp. 2% milk
- 1 Tbsp. Ketchup
- ¾ c. Shredded Fresh Parmesan-Romano Cheese*
- ¾ tsp. Kosher salt
- ¾ tsp. black pepper
- 1 pound Ground Chicken
- ¼ c. Light Olive Oil
- 1 ½ c. Low-Sodium/No-Fat chicken Broth
- ½ c. fresh Basil, chopped
- *A few additional pinches of same cheese as above for garnish

Directions:

- Step 1:** Using a medium bowl, combine first ingredients thru pepper. Add the ground chicken with clean hands. Combine well.
- Step 2:** Use a melon baller to scoop mixture into 1 oz. mini-lil' balls. Place all balls onto a piece of parchment paper on your counter close to the stove-top.
- Step 3:** Heat ¼ c. olive oil in a large non-stick skillet over med-high heat. Working in batches, add the meatballs and cook without moving until browned on the bottom; about 2 min. Turn the meatballs and repeat on other side 2 more minutes.
- Step 4:** When all balls are browned, put them all back into the skillet. Return the heat to med-high. Add the chicken broth and bring to a boil. Reduce the heat to med-low and simmer until all the meatballs are cooked through; about 5 - 10 minutes. Garnish with the chopped basil and extra pinches shredded cheese.