



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Baked Chicken Meatballs with Sundried Tomato

Makes 12 large meatballs

Ingredients

- 1 egg
- 1 pound ground chicken
- 1/2 cup whole wheat panko breadcrumbs
- 1/3 cup finely grated Parmesan
- 1 tbsp extra-virgin olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp red pepper flakes
- ¼ cup chopped sundried tomatoes
- 2 tbsp finely chopped flat-leaf parsley
- 3 cups lightly packed fresh spinach

Preheat oven to 375 F and grease a sheet pan with nonstick spray or olive oil.

Beat the egg in a large bowl. Add the ground chicken, breadcrumbs, Parmesan, olive oil, oregano, garlic powder, onion powder, salt, red pepper flakes, parsley, and the sundried tomatoes.

Chop up the spinach and add to the bowl.

Mix until it is all combined, then ball up 12 evenly sized meatballs

Bake for about 20 minutes or until internal temperature of the meatballs reaches 165 F