



## Chicken Florentine Meatballs

In a large bowl mix the spinach, bread crumbs, parmesan cheese, spices and eggs. Break up the chicken and blend it with the spinach mixture until thoroughly combined.

Roll the mixture into balls about 1 1/2" in diameter. Bake the meatballs on a wire rack atop a shallow baking dish at 400° for 20 – 25 minutes or until the chicken is no longer pink.

### INGREDIENTS

- 2 eggs, beaten
- 10 oz frozen spinach, thawed and patted dry
- 1/2 cup whole wheat bread crumbs
- 1/4 cup grated parmesan cheese
- 1 Tbsp dried minced onion
- 1 garlic clove, minced
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 lb ground chicken, raw

If you wish to freeze the meatballs, place the rolled, uncooked meatballs in an airtight container or ziploc bag and place them in the freezer. When you are ready to bake, allow them to thaw completely and bake as directed above. When I make a batch of these, I bake half and freeze half for another meal. Each half serves about four.

These meatballs are delicious served plain (which are perfect for appetizers!) or with your favorite type of pasta and sauce. I love them with a simple mushroom marinara and whole wheat pasta but when I have the time, I serve them over spaghetti squash for something different.

*lillyella*  
UNIQUELY YOU