



Chicken Spinach Meatballs

I pretty much crave meatballs all the time. I've eaten amazing meals across the world – but it is a rare (read: non-existent) day that I would ever say no to a hearty bowl of spaghetti and meatballs. Instead of the classic mix of ground beef, pork and veal bound together with breadcrumbs, I've combined super lean ground chicken breast with cooked quinoa, chopped spinach and grated parmesan cheese. While I would normally make my own sauce, during treatment (and often times now...shhhh!), I found that a good jarred sauce makes this dish incredibly fulfilling...even without the pasta.

| | |
|--|-----------------------------------|
| 1 medium onion – small dice (about 1.5 cups) | 1 cup grated parmesan cheese |
| 6 garlic cloves – minced | 2 teaspoons kosher salt |
| 1 tablespoon olive oil (plus more for pans) | 1 teaspoon freshly ground pepper |
| 2 pounds ground chicken breast | ½ teaspoon dried red chili flakes |
| 1 cup cooked quinoa | ¼ teaspoon freshly grated nutmeg |
| 1 10-oz package frozen chopped spinach – thawed and drained | 1 egg |

Preheat oven to 375 degrees F.

In a medium sauté pan, heat 1 tablespoon olive oil over medium heat. Add onions and cook until soft and fragrant. Add garlic and continue to cook for another minute. Remove from heat and place mixture in large bowl.

Add all remaining ingredients to bowl and mix with hands (just until the ingredients come together – try not to overmix). Test for seasoning by making a small patty and cooking in the sauté pan. When cooked through, taste and adjust salt and pepper if necessary.

Line sheet pan with parchment. Using your hands (I like to dip them in water), form mixture into 2-inch balls and place evenly on sheet pan. When all meatballs are formed, drizzle lightly with olive oil. Place in oven and roast for 25 minutes.

Serve with your favorite tomato sauce.

Makes approximately 36 meatballs.

