

CHICKEN MEATBALLS

MIX, ROLL & FREEZE

- 1 pound **ground chicken or turkey**
- 1 **egg**
- ½ cup **panko breadcrumbs**
- ½ cup grated **Parmesan**
- 2 tablespoons **olive oil**
- ½ teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon **salt**
- **black pepper** to taste

TO BAKE FROM FROZEN

400 degrees 30 mins

*You can also bake them first before freezing (400 degrees, **20 minutes**) so that you can keep them in the freezer fully cooked.*

FINAL STEP

Serve with literally anything – personal fave includes some kind of pasta, red sauce, and a salad.

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