



### **Chicken Meatballs (with mashed potatoes and gravy)**

#### **What You Need**

1 ½ Cups Katie's breadcrumbs( recipe on blog)  
1 Lb. Ground chicken breast  
2 Large eggs  
½ Cup milk \*  
2 Cloves garlic (crushed)  
1/4 tsp. of salt (optional)  
1/2 tsp. White pepper (ground)  
3 Tbsp. canola oil (or vegetable oil) divided  
1 Cup freshly grated parmesan cheese \*  
Large baking pan  
1 Shallow bowl with lip (I use a pie pan)  
Medium size mixing bowl  
Whisk  
Meat thermometer  
Baking Pan

**Before you Start**– Preheat oven to 400 °, coat baking pan with 1 Tbsp. oil, add breadcrumbs to pie dish and set aside.

#### **Let's Make It!**

In the mixing bowl combine eggs, milk and remaining oil and whisk to combine, add garlic, salt, pepper, cheese and chicken. Mix well with your hands (add a bit of oil to the palms of your hands to keep it from sticking) or use a large fork and spoon. Roll about 1 heaping Tbsp. of the chicken mixture in the palms of your hands to create the meatball (smaller than a golf ball), roll meatball in prepared breadcrumbs to coat. Place each meatball about 2 inches apart on the prepared baking sheet. Repeat until the ingredients have all been used. Bake for 15 minutes, turn meatballs and cook for another 10 minutes. Or until golden or light brown and cooked through (please use a meat thermometer to test)

Add these tasty meatballs to your favorite marinara, or cream sauce. Or serve them with mashed potatoes and gravy like I do! They are great in meatball sub sandwiches too. The chicken meatballs freeze well so make a bunch and save for a quick meal.

#### ***Makes about a dozen***

**Katies Tid Bits\*** replace milk with your favorite dairy substitute, if you use a nut-based milk substitute it will change the taste. Try using rice milk or lactose free milk if possible. Use your favorite Parmesan cheese substitute.