# Spinach Feta Chicken Meatballs (Meal Prep)

**Main Dish • Chicken**

**Serving size:** 50 | **Prep time:** 15 mins | **Cook time:** 20 mins

## Ingredients

½ cup almond meal/almond flour (or breadcrumbs if low-carb and gluten free are not a concern)

2 teaspoons oregano

1½ teaspoons salt

1½ teaspoons pepper

2 eggs

20 ounces frozen chopped spinach, thawed and thoroughly squeezed to get ALL the liquid out.

8 ounces feta cheese, finely crumbled

½ cup parsley

1 small yellow onion, finely chopped

8 cloves garlic, minced

2 pounds ground chicken

## Directions

1. Preheat oven to 400F, and line two baking sheets with parchment paper.

2. To make the meatballs, add the almond flour or almond meal, oregano, salt and pepper to a large mixing bowl and stir together.

3. Beat the eggs and stir them into the almond meal mixture.

4. Mix in spinach, feta, parsley, onion and garlic.

5. Add ground chicken, and mix together just enough to get everything evenly distributed. Don't over-mix.

6. Use a 1½ - inch scoop to form the meatballs (be sure the meat mixture is firmly pressed into the scoop). Space them evenly on a parchment-lined sheet pan. (You can dip the scoop in water now and

(93% Lean | 7% fat)

## Nutrition

Amount per serving
Serving size: 1 meatball
Calories: 81
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 34mg
Sodium: 144mg
Total Carbohydrate: 2g
Dietary Fiber: 1g
Sugars: 1g
Protein: 7g

then to help them release more easily if needed).

7. Bake at 400 for 15-20 minutes. Serve warm as your entree or as an appetizer.

8. To freeze, allow the meatballs to cool completely. Then freeze in one large freezer bag or divide into portions in smaller freezer bags.