

# CHICKEN CAULIFLOWER MEATBALLS



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Chicken	1 Lb.	Riced Cauliflower	1½ Cups
Italian Seasoning	½ Tbsp.	Sea Salt	To Taste
Garlic Powder	½ Tsp.	Black Pepper	To Taste
Green Onions, Chopped	2		



## PREPARATION

- Preheat your oven to 400°F (200°C).
- Lightly grease a large baking dish or line it with parchment paper to prevent sticking.
- In a large mixing bowl, combine the ground chicken, Italian seasoning, garlic powder, chopped green onions, riced cauliflower, sea salt, and black pepper. Mix well.
- Gently roll the mixture into 1½ inches in diameter.
- Place the meatballs in a single layer in the prepared baking dish, leaving space between each meatball for even cooking.
- Bake in the preheated oven for 25-30 minutes, or until the meatballs are cooked through.
- Remove the meatballs from the oven and let them rest for 5 minutes before serving.
- Cover and simmer over low heat until the chicken is cooked through and tender (about 20 minutes)
- Serve hot over zucchini noodles or spaghetti squash.
- Garnish with chopped fresh parsley, and if in maintenance, sprinkle with freshly grated Parmesan cheese.