



Chicken Florentine Meatballs



1/4 of recipe (5 meatballs with sauce): 246 calories, 5g total fat (2g sat. fat), 639mg sodium, 11g carbs, 2.5g fiber, 2.5g sugars, 32.5g protein

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Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

1 lb. raw extra-lean ground chicken (at least 98% lean)
One 16-oz. package frozen spinach, thawed, drained, divided
1/3 cup finely chopped onion
1/4 cup (about 2 large) egg white or fat-free liquid egg substitute
1/4 cup panko bread crumbs
1/2 tsp. Italian seasoning
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. salt
2 tsp. light butter
1 1/2 tsp. chopped garlic
1/4 cup whipped cream cheese
2 tsp. grated Parmesan cheese
Serving suggestion: spiralized zucchini and/or whole grain spaghetti

Directions

Preheat oven to 350°F. Spray a [large baking sheet](#) with nonstick spray.

In a large bowl, combine chicken, half of the thawed and drained spinach, onion, egg white/substitute, bread crumbs, and seasonings. Form into 20 meatballs, and place them on the baking sheet.

Bake meatballs until cooked through, about 25 minutes, flipping halfway through.

Meanwhile, make the sauce. Bring a [large skillet](#) sprayed with nonstick spray to medium heat. Add butter, and let it coat the bottom of the skillet. Add garlic, and cook until fragrant, about 1 minute. Add remaining thawed and drained spinach, cream cheese, Parm, and 1/2 cup water. Cook and stir until uniform, about 2 minutes.

Add meatballs to the skillet, and gently toss to coat.

MAKES 4 SERVINGS

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