

Chicken Picatta Meatballs

Ingredients:

- ✓ ½ cup bread crumbs
- ✓ 1/3 cup parmesan cheese
- ✓ 1 large egg
- ✓ 1 tsp garlic powder
- ✓ ¼ tsp salt, 1/8 tsp pepper
- ✓ 1 lb ground chicken or turkey
- ✓ 3 tbsp minced garlic
- ✓ 1 onion, diced
- ✓ ½ cup white wine
- ✓ 2/3 cup chicken broth
- ✓ 3.5 oz green olives, diced
- ✓ 2 tbsp lemon juice
- ✓ 2 tbsp butter
- ✓ 1 tbsp cornstarch



Total Time: 40 minutes Servings: 4

Directions:

1. In a large bowl combine bread crumbs, parmesan cheese, egg, garlic powder, salt, and pepper. Then add ground meat and combine. Shape into 20 meat balls and bake on a lined pan for 22 minutes at 350° F.
2. In a large skillet heat 1 tbsp olive oil. Add onions and garlic, cook until soft. Mix in cornstarch and butter and cook one more minute.
3. Add broth and wine to pan. Increase to medium-high and cook for 1 minutes. Add olives and lemon juice, bring to a boil. Add meatballs, reduce heat, and let simmer uncovered for 5 minutes.
4. Serve over egg noodles, top with parmesan cheese.