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Canned Chicken Parmesan Balls

Ingredients:

2 cans chicken
2 large eggs
1/2 cup (56 g) reduced-fat mozzarella cheese
8 tbsp (40 g) grated parmesan cheese
8 tbsp (64 g) wheat germ
1/4 cup (61 g) tomato sauce
1/2 tsp basil
1/2 tsp oregano
1/2 tsp parsley
1/2 tsp crushed red pepper

Directions:

1. Preheat your oven to 350 degrees F.
2. Drain your canned chicken and then combine all your ingredients into a bowl.
3. Mix ingredients together until everything is incorporated.
4. Take out a baking sheet, coat it with some nonstick cooking spray, and shape your mix into about 7 balls.
5. Bake for about 20-25 minutes.