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Italian Chicken Meatballs

Ingredients:

2.5 lbs ground chicken breast
3 egg whites
1 cup oats (dry)
1 medium green bell pepper, finely chopped
1 medium red bell pepper, finely chopped
1 red onion
1 tbsp. minced garlic
1 tbsp. onion flakes
1 tbsp. dried basil
1 tbsp. oregano
Salt and pepper, to taste

Directions:

1. Preheat oven to 375 degrees F.
2. Using your hands, combine all ingredients together in a large bowl.
3. Form about 12 meatballs from the chicken mixture.
4. Spray a muffin tin with non-stick spray.
5. Place a meatball in each muffin cup.
6. Bake for about 35 minutes, or until golden brown.