

# Baked Chicken & Spinach Meatballs

## INGREDIENTS:

1 lb ground chicken  
½ cup packed fresh spinach (chopped)  
½ tsp salt  
½ tsp dried thyme  
½ tsp dried oregano  
1 clove garlic (minced)  
1 tsp olive oil (or avocado oil)  
½ tsp ground black pepper

## PROCESS:

1. In a large bowl, combine ground chicken, spinach, salt, thyme, oregano, garlic, oil & black pepper.
2. Mix until combined.
3. Wet your hands with water & roll mixture into small 1-inch balls.
4. Lightly grease a baking sheet or line with foil & place meatballs on the sheet pan.
5. Bake at 400 degrees for 13-15 minutes, until baked through & internal temperature reaches 165 degrees & ENJOY!

From: [adashofmagnol.com](http://adashofmagnol.com)

