SLOW COOKER CHICKEN PARMESAN MEATBALLS

Meatballs! If you're looking for a healthy crowd-pleasing recipe that taste good but won't take you off track--make a batch of these at your next holiday gathering! Easy!

Ingredients:

Makes 10 servings

Sauce

- 1 (28 ounce) can no-salt-added crushed tomatoes
- ½ medium onion, grated
- ¼ cup dry red wine
- 2 cloves garlic, minced
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp sea salt



Meatballs

- 1 pound lean ground organic chicken or turkey
- 1 large organic egg, lightly beaten
- ½ cup grated Parmesan cheese
- ½ cup fine dry whole-wheat breadcrumbs
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp salt
- 30 pearl-size fresh mozzarella balls

Directions:

To prepare sauce: Combine tomatoes, onion, wine, garlic, basil, oregano and salt in a 5- to 6-quart slow cooker. To prepare meatballs: Combine ground chicken (or turkey), egg, Parmesan, breadcrumbs, basil, oregano, garlic powder and salt in a medium bowl. Pat 1 tablespoon of the seasoned meat into a disk and place a mozzarella ball in the center. Wrap the meat around the cheese and roll into a ball. Repeat with the remaining meat and cheese. Add the meatballs to the slow cooker. Cover and cook on high for 3 hours or on low for 6 hours.

NUTRITION PER SERVING:

Serving size: 3 meatballs & ¼ cup sauce
Per serving: 163 calories; 7 g fat(3 g sat); 2 g fiber; 7 g carbohydrates; 14 g protein; 6 mcg folate; 69 mg cholesterol; 3 g sugars; 0 g added sugars; 800 IU vitamin A; 5 mg vitamin C; 113 mg calcium; 2 mg iron; 277 mg sodium; 506 mg potassium
Reference: www.eatingwell.com

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