

30-Minute Chicken Parmesan Meatball Poppers

By **DONNA ELICK**



Chad A Elick

Game day definitely calls for finger food. Hearty finger foods are my favorite. Chicken nuggets, bites and meatball poppers are at the top of our list. Even when it is not game day or a party we have a dinner full of yummy finger foods from time to time. It is really fun to mix things up and I have found that when it is bite size, my picky family seems to enjoy it even more.

I myself have an affinity for meatballs and love getting creative with them. Some of my favorites are **Better than Buffalo Wings Meatball Poppers**, **Sweet and Sour Meatball Poppers**, **Bacon Jalapeno Popper Meatballs** and **Balsamic Meatloaf Meatball Poppers**. Now we are adding a new favorite to our meatball lineup.

Chicken Parmesan is likely an Italian favorite in every household, but I especially love dishes covered in sauce and cheese so it was only a matter of time before this fabulous dish was transformed into a meatball popper.

Tender and flavorful ground chicken is combined with lots of herbs and Parmesan cheese, baked to perfection. Once the meatballs are golden brown they are drizzled with marinara sauce and covered in cheese. That's amore!

These meatball popper go from prep to plate in just 30 minutes. They are one of our favorite make ahead freezer foods. I make a triple batch of meatballs, bake them and freeze them. I portion them out into about 20-24 meatballs per package then freeze them in resealable plastic bags. To prepare: simply thaw and cook for 10 minutes in a 350°F oven.

With love from our Simple Kitchen to yours!

MAKES	ACTIVE TIME	TOTAL TIME
48 poppers	15 min.	30 min.

INGREDIENTS

1 lb ground **chicken** breast
 ¾ cup Italian breadcrumbs
 1 cup fresh grated **Parmesan cheese**
 3 garlic cloves, pressed
 ½ small onion, grated
 2 Tbsp + 1 cup **marinara sauce** (divided)
 ½ Tbsp dried Italian seasoning
 2 Tbsp fresh basil, chopped
 2 Tbsp fresh parsley, chopped
 ½ tsp kosher salt
 ½ tsp fresh cracked black pepper
 1 large egg, lightly beaten
 1 cup shredded Italian blend shredded cheese

DIRECTIONS

1. Preheat oven to 350°F. Prepare a baking sheet by lining with parchment paper.
2. Set aside 1 cup **marinara** and shredded Italian cheese.
3. In a large mixing bowl, combine all remaining ingredients. Mix well, do not over mix or you will have tough **meatballs**. Using a 1 tablespoon scoop, portion out meat mixture and place on baking sheet. After all meatballs have been scooped onto tray, roll into balls. TIP: If you lightly wet your hands the meatballs will form better and crack less. Bake for 16-18 minutes until lightly browned.
4. Turn oven to broil.
5. Drizzle a spoonful of **marinara** over each meatball. Sprinkle with shredded cheese.
6. Broil for 2-3 minutes until cheese is golden brown and bubbly.
7. Serve and enjoy!

KITCHEN COUNTER

Makes 48 poppers.

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