

# BAKED CHICKEN QUINOA MEATBALLS

## INGREDIENTS

- Parchment paper **OR** Silpat **OR** non-stick cooking spray
- 1 lb** Chicken (thighs) (ground)  
**1/2 C** Quinoa (cooked) (cooled)  
**1/3 C** Spinach (chopped)  
**1/4 C** Onion (red) (chopped)  
**3 cloves** Garlic (minced)  
**1 T** Sriracha sauce  
**2 t** Italian seasoning  
Salt & pepper (to taste)  
**1/4 C** Panko crumbs  
**1/4 C** Egg substitute **OR** 1 whole egg



## DIRECTIONS

- 1 Pre-heat oven to 350 F & cover a rimmed baking sheet with 1 of the 3 choices
- 2 Add all ingredients to your processor **OR** a meat mixer
- 3 Mix on low till combined
- 4 Roll into 1 to 1-1/2 inch balls & place them on the prepared baking sheet
- 5 Bake for 30 minutes until firm & cooked throughout

## NOTES

- 1 Makes 25 medium-sized meatballs
- 2 Aioli sauce on our **SAUCES DIRECTORY**, would be the perfect dip for these srirachi meatballs

