

## **Parmesan Chicken Meatballs with Mandarin Orange Sauce**

Ingredients:

### **MEATBALLS**

- 1 pound ground chicken
- 2 eggs, lightly beaten
- 4 oz. cream cheese
- 1/4 cup grated parmesan cheese
- 1/4 cup plus 1 Tbs bread crumbs
- 1 Tbs Zesty Italian Salad Dressing (or vegetable oil)
- 1 tsp. garlic powder
- 1 tsp. salt
- 1/2 tsp. pepper

Preheat oven to 450 degrees. Spray baking dish with cooking spray. In a large bowl, combine all of the ingredients. Form mixture into balls and line in baking dish. (The mixture will be thin). Bake meatballs for 20 minutes. Set oven to broil and broil meatballs for several minutes, until the meatballs are browned on top. An instant-read thermometer inserted into the center should read 165 degrees.

### **SAUCE**

- 1, 15 oz can of mandarin oranges, undrained
- 1/2 cup water
- 3 Tbs distilled white vinegar
- 1 Tbs soy sauce
- 1/4 cup packed brown sugar
- 3 Tbs corn starch
- 1/2 tsp. ground ginger
- 1/2 tsp. salt

In a large sauce pan, heat oranges, water, vinegar, soy sauce, and brown sugar over medium-high heat. Once the mixture just starts to boil, reduce heat to medium, add corn starch, ginger, and salt. Stir until sauce starts to thicken. Enjoy on your chicken meatballs!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Where God has planted you, bloom with grace." - Anonymous***