

chicken parmesan meatball bowls

INGREDIENTS FOR THE MEATBALLS

- 1 & 1/2 pounds lean ground chicken (96/4)
- 50 grams parmesan cheese
- 4 & 1/2 tablespoons panko bread crumbs (47g)
- 1 tablespoon italian seasoning
- 1 large egg
- 63 grams mozzarella cheese
- 1 & 1/4 cups red spaghetti sauce (I used classico)

INSTRUCTIONS

1. Preheat the oven to 350 and arrange 5 oven safe containers on a cookie sheet. Spray lightly with cooking spray.
2. Place chicken in a mixing bowl. Add Parmesan cheese, bread crumbs, egg, and seasoning. Mix well. Evenly distribute meat into the 5 containers (about 175g each) and roll into a loaf or meatballs.
3. Cover meatballs with 1/4 cup spaghetti sauce.
4. Bake for 50-60 minutes or until internal temperature reaches 165 degrees.
5. Cook pasta noodles using instructions on the back of the bag in salted water. Strain and set aside.
6. Steam broccoli over the stove or in the microwave until soft.
7. In a small, oven safe bowl heat up the cottage cheese for 30 seconds. Stir and heat another 30 seconds. Blend with an emulsion blender to make smooth. Add all remaining ingredients and mix well.
8. Evenly distribute pasta and broccoli into the 5 containers. Top the pasta and broccoli with 1/5 of the alfredo sauce (about 1/3 cup).
9. Let cool before covering with lids and placing in the refrigerator up to 5 days.

INGREDIENTS FOR THE BOWLS

- 7 ounces pasta of choice
- 10 ounces broccoli

INGREDIENTS FOR THE ALFREDO SAUCE

- 1/2 cup pasta water (reserve after cooking pasta)
- 1 cup low fat cottage cheese (220g)
- 8 grams butter
- 16 grams grated parmesan cheese
- 1 small clove garlic, grated
- 1/2 teaspoon lemon juice
- salt, pepper, & pinch of nutmeg



MAKES 5 SERVINGS

SERVING SIZE: 1 BOWL

520 CAL / 50.2P / 46.9C / 15.5F