



INGREDIENTS

1 cup rice pilaf, cooled

1 1/2 pounds ground chicken

1/4 cup onion, grated

2 cloves garlic, grated

3 tablespoons parsley, chopped

1 cup grated Parmigiano Reggiano cheese

1 egg, beaten

Salt and pepper

Extra virgin olive oil (EVOO), for drizzling

Chicken and Rice Meatballs

PREPARATION

In a large mixing bowl, combine the rice with the ground chicken, onion, garlic, parsley, Parmigiano Reggiano and egg. Season with salt and freshly ground black pepper. Flatten out the mixture in the bowl and score it into four portions using the side of your hand. Shape each portion into five balls — you should have 20 meatballs in total.

Arrange the meatballs on a nonstick sheet pan and drizzle them with EVOO. Place in the oven and bake until the meatballs are cooked through and golden brown, about 10-12 minutes.

This is one of many "Yum-o!" recipes - it's good and good for you. To find out more about Yum-o!, Rachael's nonprofit organization, visit www.yum-o.org (<http://www.yum-o.org>).

RACHAEL RAY™ NUTRISH® CHICKEN MUTTBALLS WITH RICE RECIPE



This recipe is made with simple, natural ingredients like yummy chicken meatballs plus tender carrots, spinach and pasta cooked in a tasty chicken broth. There are no meat by-products or fillers. And no corn, wheat or soy.

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