

Patty's Amazing Greek Feta & Spinach Chicken Meatballs

1 HR

4 to 6 Servings

Intermediate

Ingredients

Chicken meatballs

- 1 cup feta, crumbled – 8 oz (weight) of organic feta generally does it.
- 1 pound ground chicken
- 1 cup cooked spinach - I use frozen chopped spinach – works just fine. No need to cook, just defrost, squeeze out the excess liquid, and chop.
- 1 pinch nutmeg
- 1 teaspoon freshly ground black pepper
- 1 lemon, juiced, reserve half for the sauce
- ½ minced onion 2 tablespoons olive oil
- ½ teaspoon salt

Lemon sauce

- 1 tablespoon organic olive oil or butter
- ½ cup white wine
- The remaining half of lemon juice
- 1 cup chicken stock
- 1 tablespoon capers
- 1 teaspoon chili flakes (optional)
- Salt and pepper to taste

Instructions

Combine loosely in a large bowl

Ground chicken, feta, spinach, nutmeg, ground pepper, juice of ½ lemon, minced onion, ½ teaspoon salt.

Make meatballs

- Preheat the oven to 375°
- Shape into small meatballs, about 1 ½" to 2" round, and set on a sheet pan
- Add 1 to 2 tablespoons olive oil to a 12" sauté pan and heat till the oil is simmering
- Pan sear the meatballs on all sides
- Place on a half-sheet pan and bake in the oven for 20 – 30 minutes, turning occasionally

Make the lemon- caper sauce and add the meatballs

- When you remove the meatballs from the skillet place 1 tablespoon olive oil or 1 tablespoon of butter in the skillet
- Add ½ cup white wine, 1 cup chicken broth, juice of ½ lemon, salt & pepper to taste
- When the chicken meatballs are done remove them from the sheet pan then loosen the pan drippings and add to the sauce
- Add 1 tablespoon capers
- Let it reduce for a few minutes
- Return the chicken meatballs to the skillet with the sauce
- Cover and simmer for a few moments then serve