

AMAZING MEAL PREP MEATBALLS

COMBINE:

- 1 (15-ounce) container **ricotta cheese**
- 2 large **eggs**
- 3 minced or grated **garlic cloves**
- 1 teaspoon **kosher salt**
- 1 teaspoon **black pepper**
- 1 teaspoon **Italian seasoning**
- 2 lbs. **ground chicken, turkey or lean ground beef**
- 1 cup **panko breadcrumbs**

FREEZING INSTRUCTIONS:

Roll into 60-75 small meatballs, place on a parchment-lined baking sheet, and freeze in a single layer. Then transfer to a Ziploc bag or container.

COOKING INSTRUCTIONS:

AIR FRYER

375°F 10-15 mins*
Shake halfway through

OVEN

Bake at 400°F 25-30 mins*

**meatballs are cooked from frozen;
done when the centers reach 165°F*

FINISHING TOUCHES:

1. Serve with marinara, pesto, sweet chili sauce or teriyaki sauce.
2. Use in pasta, subs, soups or rice bowls.

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