Skinnytaste Chicken Cordon Bleu Meatballs

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Meatballs:

- Cooking spray or oil mister
- 1 1/2 lbs. 93% lean ground chicken
- 1/4 cup seasoned whole wheat breadcrumbs (I love Ian's panko)
- 1/4 cup Parmesan cheese
- 1/4 cup finely chopped fresh parsley
- 1 large egg
- 1 garlic clove (I used 3)
- 1/2 tsp. kosher salt
- 2 (1-oz.) slices lean deli ham, cut into 6 pieces each
- 3 slices reduced fat Swiss cheese, cut into 4 pieces each

Sauce:

- 1 Tbsp. unsalted
- 1 Tbsp. wheat flour
- 1/4 cup white wine
- 1 cup low sodium chicken broth
- 1/2 cup 1% milk
- 1 Tbsp. Dijon mustard
- 1 tsp. fresh lemon juice
- 1/8 tsp. kosher salt
- Freshly ground black pepper
- 1 tsp. finely chopped fresh parsley

Preheat oven to 425. Spray a large nonstick baking sheet with oil.

For the meatballs: In a large bowl, combine the ground chicken, breadcrumbs, Parmesan, parsley, egg, garlic and salt. Form 12 meatballs using slightly wet hands to prevent them from sticking. Stuff each meatball by making a hold in the middle and placing one piece each of ham and Swiss in the center. Seal the meatballs well by pinching them closed. Place on the prepared baking sheet and bake 20 mins, or until almost cooked through.

For the sauce: Meanwhile, in a large deep nonstick skillet with a fitted lid, melt the butter over medium heat. Sprinkle in the flour and cook, whisking constantly, for about 1 minute. Whisk in the wine and cook for 1 minute, then whisk in chicken broth and milk. Bring to a boil, then simmer until it thickens slightly, about 5 minutes. Whisk in the mustard and lemon juice, and season with salt and pepper; remove from heat and keep covered.

When the meatballs come out of the oven, add them to the skillet with the sauce. Cover and simmer meatballs over medium-low heat until they are cooked through and chicken is no longer pink, about 5 minutes.

To serve, place 2 meatballs on each of 6 plates, and top with 1/4 sauce and a sprinkle of parsley. Serves 6.

312 calories, 7g carbs, 38g protein.