

Ingredients

1 lb chicken (or ground beef)

1 egg

2 garlic cloves, chopped

2 tbsp poultry seasoning

4 cups greens

8 tbsp IP Italian Dressing

sea salt & pepper to taste

Warm Salad with Baby Meatballs

Directions

1) In a bowl, combine ground chicken (or beef) with egg, garlic, poultry seasoning, sea salt & pepper. Mix well.

2) Make small sized balls and place on a baking sheet.

3) Place in oven at 375 degrees for 20 minutes or until they are cooked. Set aside.

4) Add greens to a serving dish. Take a non-stick pan, heat at high heat. Add meatballs, and cook until cooked through.

5) When the balls are warm and still in the pan, add Italian dressing. Remove from the heat and serve right away on your greens.

6) With a spoon, take the boiling dressing from the pan and drizzle over salads.

