

# Holiday Recipes

## Warm Salad with Baby Meatballs

### Ingredients:

- 1 lb Ground Beef or Chicken
- 1 Egg
- 2 Garlic Cloves, chopped
- 2 Tbsp Chicken Spice
- 4 Cups Greens
- 8 Tbsp Ideal Protein Italian Dressing
- Sea Salt & Pepper to taste

### Directions:

In a bowl, combine beef or chicken with egg, garlic cloves, chicken spice, sea salt & pepper. Mix well. Make small sized balls and place on a baking sheet. Place in oven at 375 degrees for 20 minutes or until they are cooked. Set aside.

Add greens to a serving dish. Take a non-stick pan, heat at high heat. Add meatballs, when the balls are warm, add Italian dressing. Remove from the heat and serve right away on your greens. With a spoon, take the boiling dressing from the pan and drizzle over salads.