



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.