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# Lite and Delicious Meatballs

*Myra Navarre - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 4

**1 pound chicken meat, chopped**  
**1/2 small onion, chopped fine**  
**1/4 cup bread crumbs**  
**1 1/2 tablespoons cold water**  
**1 egg, slightly beaten**  
**salt (to taste)**  
**pepper (to taste)**  
**2 tablespoons olive oil**  
**2 packages lite brown gravy mix**

In a bowl, combine the chicken meat, onion, bread crumbs, water, egg, salt and pepper. Mix thoroughly.

Shape the mixture into 1-1/2 to 2 inch meatballs.

In a skillet with two tablespoons of olive oil, brown the meatballs.

In a large saucepan, mix the two packages of brown gravy mix according to package directions. Add the meatballs. simmer for one to two hours.

Serve with rice or cooked noodles.

(NOTE: For extra flavor fry onions in a hot skillet and add to the brown gravy for extra flavor.)

## **Meatballs**

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*Per Serving (excluding unknown items): 110 Calories; 8g Fat (68.3% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 76mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.*