SUNCHIPS® French Onion Chicken Meatballs

Ingredients

- 1 bag (7 oz), divided SUNCHIPS® French Onion Flavored Whole Grain Snacks
- 1 lb lean ground chicken
- 2 cups shredded Gruyère cheese, divided
- 3 cloves garlic, minced and divided
- 1/4 cup finely chopped fresh parsley, divided
- 2 tbsp finely chopped fresh chives
- 3/4 tsp salt, divided
- 1/2 tsp black pepper, divided
- 2 tbsp olive oil
- 2 tbsp butter
- 2 onions, thinly sliced
- 2 tbsp all-purpose flour
- 2 cups reduced-sodium chicken broth
- 2 tbsp Dijon mustard

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
25 min	45 min	70 min	4-6

How to make it

1. Preheat oven to 425°F.

2. Into food processor, add 1 cup SUNCHIPS® French Onion Flavored Whole Grain Snacks; pulse until finely ground.

3. In large bowl, stir together chicken, ground SUNCHIPS®, 1/2 cup Gruyère, half the garlic, 2 tbsp parsley, chives, 1/2 tsp salt and 1/4 tsp pepper. Roll mixture into 1-inch balls. Arrange on parchment paper–lined baking sheet. Drizzle with oil.

4. Bake for 12 to 15 minutes or until golden brown and cooked through.

5. Meanwhile, in large skillet set over medium-high heat, melt butter. Add onions, remaining 1/4 tsp salt and remaining 1/4 tsp pepper;

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SUNCHIPS® French Onion Flavored Whole Grain Snacks

cook, stirring often, for 3 to 5 minutes or until starting to soften. Reduce heat to medium.

6. Stir in remaining garlic. Cook, stirring occasionally, for 8 to 10 minutes or until onions are golden brown and caramelized. Sprinkle with flour. Cook, stirring occasionally, for 2 minutes. Slowly whisk in broth and mustard. Whisk until mixture comes to a boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 8 to 10 minutes or until thickened and flavors are married.

7. Stir in meatballs; cook, stirring occasionally, for 2 to 3 minutes or until well coated in sauce. Sprinkle with remaining 1 ½ cups Gruyère. Cook, undisturbed, for 1 to 2 minutes or until cheese has melted. Garnish with remaining 2 tbsp parsley.

8. Serve with remaining SUNCHIPS® on the side for dipping.