Zucchini Meatballs

Servings 6 | Prep time 15 mins. | Total time 35 mins.

Equipment:
Grater
Cutting board
Large bowl
Baking sheet
Aluminum foil or parchment paper

Utensils:
Tablespoon for shaping meatballs
Mixing spoon

Ingredients

2 cups shredded zucchini (1 large or 2 small zucchinis, shredded with the fine holes of a box grater)
1 pound 85% lean ground beef
1 egg, slightly beaten
1/4 cup dry breadcrumbs, plain
1/4 cup grated Parmesan cheese
1/4 cup onion, finely grated or minced
1-2 cloves garlic, minced or 1 tsp garlic powder
1 teaspoon Italian seasoning

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.

2. Preheat oven to 400 degrees.

3. Combine all ingredients in a large bowl.

4. Divide mixture into 24 1 ½ inch meatballs using a tablespoon.

5. Place meatballs on baking pan lined with aluminum foil or parchment paper.

6. Bake for 20 minutes, turning after 10 minutes.

Nutritional Information:

Calories 180   Total Fat 10g   Sodium 80mg   Total Carbs 7g   Protein 17g