# Zucchini Meatballs

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

**Equipment:**
Grater
Cutting board
Large bowl
Baking sheet
Aluminum foil

**Utensils:**
Tablespoon for shaping meatballs,
Mixing spoon
Measuring cups and spoons

## Ingredients

2 cups zucchini (about 1 large or 2 small zucchinis), finely shredded
1 pound lean (85% or leaner) ground beef
1 egg, slightly beaten
1/4 cup bread crumbs
1/4 cup grated Parmesan cheese
1/4 cup onion, finely grated or minced
2 cloves garlic, minced OR 2 teaspoons garlic powder
1 teaspoon Italian seasoning OR Celebrate Your Plate Italian Seasoning

## Instructions

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

2. Preheat oven to 400 degrees.

3. Combine all ingredients in a large bowl.

4. Divide mixture into 24, 1 1/2-inch meatballs. Shape meatballs using a tablespoon, or by rolling with hands.

5. Place meatballs on baking sheet lined with aluminum foil.

6. Cook for 10 minutes, flip meatballs, then cook for another 10 minutes.

**Nutritional Information:**
Calories 180
Total Fat 10g
Sodium 80mg
Total Carbs 7g
Protein 17g