Meatballs

Yield: 8 servings

Ingredients

2 Tbsp avocado oil

½ cup green onion, sliced

2 tsp salt, kosher

½ tsp garlic powder

1 Tbsp Italian seasoning

1 tsp fennel seed, ground

1 lb beef, ground

1 lb pork, ground

2 eggs

1 cup Parmigiano-Reggiano, finely shredded

¼ cup parsley, chopped

1 cup breadcrumbs

Directions

1. Preheat oven to 400ºF.

2. Heat avocado oil (2 Tbsp) in a medium sauté pan.

3. Add the onion (½ cup). Cook for about five minutes or until the onions are soft and translucent.

4. Add the salt (2 tsp), garlic powder (½ tsp), Italian seasoning (1 Tbsp), and fennel seed (1 tsp). Continue to sauté for another five minutes. Set aside to cool.

5. In a large mixing bowl, combine the onion mixture, meats, eggs, Parmigiano-Reggiano (1 cup), parsley (¼ cup), and breadcrumbs (1 cup), and work together with your hands to combine.

6. Make a small patty. Cook in a sauté pan. Adjust seasoning to taste.

7. Portion and shape meat mixture with lightly oiled hands. Place on a parchment-lined sheet tray.

8. Roast meatballs in oven for 10 minutes or until browned and cooked through.

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Nutrition Facts

Serving size 1 (5.7oz)

Amount Per Serving	**161g**

Calories	**342**

% Daily Value

Total Fat 17.6g	**27**%
Saturated Fat 5.6g	**28**%
Cholesterol 138mg	**46**%
Sodium 1025mg	**43**%
Total Carbohydrate 11g	**4**%
Dietary Fiber 1g	**4**%
Sugars 1g	
Protein 33g	**67**%
Vitamin A	**11**%
Vitamin C	**5**%
Calcium	**19**%
Iron	**16**%

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