

Meatballs

YIELD: 8 SERVINGS

RECIPE CUSTOMIZATION

To make it gluten-free, use gluten-free breadcrumbs

To make it dairy-free, replace Parmigiano-Reggiano with $\frac{1}{4}$ cup nutritional yeast

To make it low-FODMAP, omit garlic

INGREDIENTS

2 Tbsp avocado oil
 $\frac{1}{2}$ cup green onion, sliced
2 tsp salt, kosher
 $\frac{1}{2}$ 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
 $\frac{1}{4}$ cup parsley, chopped
1 cup breadcrumbs

DIRECTIONS

1. Preheat oven to 400°F.
2. Heat avocado oil (2 Tbsp) in a medium sauté pan.
3. Add the onion ($\frac{1}{2}$ cup). Cook for about five minutes or until the onions are soft and translucent.
4. Add the salt (2 tsp), garlic powder ($\frac{1}{2}$ 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 ($\frac{1}{4}$ 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%