

# VEGGIE LOADED MEATBALLS



## SERVING SIZE

3



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef	1 lb.	Clove Garlic, Minced	1
Shredded Zucchini or Summer Squash	1 Cup	Egg, Whipped	1
Chopped Spinach	1 Cup	Onion Salt	1 Tsp.
Fresh Herbs, Finely Chopped (Basil, Cilantro, or Parsley)	2 Tbsp.		



## PREPARATION

- Preheat your oven to 375°F (190°C).
- Shred the zucchini or summer squash using a grater and chop the spinach finely.
- Place them in a clean kitchen towel or paper towel and squeeze out any excess moisture. Removing moisture will prevent the meatballs from becoming too wet.
- In a large mixing bowl combine ground beef, shredded zucchini, chopped spinach, fresh herbs, minced garlic, whipped egg, and onion salt.
- Mix all the ingredients together thoroughly. You can use your hands or a wooden spoon to ensure an even distribution of vegetables and seasoning in the meat mixture.
- Take small portions of the mixture and roll them into meatballs, about 1 to 1.5 inches in diameter. You can adjust the size according to your preference.
- Place the formed meatballs on a baking sheet lined with parchment paper. Make sure there's some space between each meatball to allow for even cooking.
- Put the baking sheet in the preheated oven and bake for approximately 20–25 minutes or until the meatballs are cooked through and browned on the outside.
- Once done, remove the meatballs from the oven. Let them cool for a minute or two, and then serve them hot.
- Enjoy!