

Baked Meatballs

*Makes 4 Servings, about 3 meatballs each,
plus 4 servings for another meal*

Preparation Time: 15 minutes

Cooking Time: 10–12 minutes

Ingredients

1/4 cup onions minced
1 tbsp. vegetable oil
2 lbs. lean ground beef
2 eggs
3/4 cup bread crumbs
1/2 cup whole milk
1/8 tsp. salt
1/2 tsp. pepper
2 tsp. onion powder
1/2 tsp. garlic powder

Directions

1. Preheat oven to 400° F. Grease baking sheet lightly with oil.
2. Add the oil and onions to a small skillet. Cook over medium heat, until tender, about 3 minutes.
3. Mix the remaining ingredients together in a bowl; add the onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1- to 2-inch meatballs; place on baking sheet.

Nutrition Content Per Serving:

Calories: 345

Total Fat: 21 g

Saturated Fat: 7 g

Cholesterol: 142 mg

Sodium: 224 mg

