BAKED MEATBALLS

SERVINGS: 4 | PREP TIME: 10 MINS | COOK TIME: 10 MINS

- Preheat oven to 350 degrees. Line a sheet pan with parchment paper or foil.

- Using clean hands, gently combine all ingredients in a medium bowl.

- Use a medium dough scooper or a spoon to scoop and then roll about 1 1/2 inch meatballs. Line up meatballs on the sheet pan, leaving room between each.

- Bake for 20 minutes or until no longer pink inside (160 degrees internal temperature).

- FREEZER MEAL INSTRUCTIONS:

To freeze: Line a sheet pan with parchment paper or foil. Then complete steps 2 and 3. At this point, flash-freeze uncooked meatballs by placing pan in the freezer for about an hour or so. Once frozen, dump meatballs in a gallon-sized freezer bag and place in freezer.

To prepare: Thaw meatballs in refrigerator overnight (preferred method) or using the cool water method. (Submerge freezer bag in cold water until thawed, replacing water every 30 minutes.) Cook according to instructions.

- SERVING SUGGESTIONS:

Serve on top of whole grain spaghetti with marinara sauce.

Serve on top of a whole wheat bun or sub as a Meatball Sandwich.

1 ½ lbs ground beef (or substitute ground turkey)

1 cup whole wheat or panko breadcrumbs

1 large egg, beaten

2 TBSP. milk

1 TBSP. tomato paste

¼ cup loosely packed fresh parsley, finely chopped

1 tsp. salt

½ tsp. ground pepper

½ tsp. garlic powder

½ tsp. Italian seasoning