

HEALTHY, EASY MEATBALLS (NO GRAIN)

By: Jen Gerasimas

Makes: 20 meatballs

Total time: 30 minutes

Ingredients

- 2 lbs of ground beef or turkey
- 1 egg
- ¼ onion, diced small
- 3 cloves of garlic, minced
- 1 Tbsp fresh parsley, chopped
- 2 tsp dried oregano
- ¼ tsp red pepper flakes (optional)
- Salt and pepper to taste



Directions

1. Preheat oven to 400 degrees. Line a large baking sheet with aluminum foil.
2. In a large bowl, combine all the ingredients and mix well. Using your hands works best.
3. Shape into balls about 2 inches in diameter and space evenly on the baking sheet.
4. Bake for 20 minutes or until cooked through.

Notes: Meatballs freeze well in freezer bags. Let the meatballs cool completely before freezing.