

Meatballs

Recipe Type: Main Dish

Serves: 4

Prep Time: 20 minutes

Cooking Time: 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1/3 C water
- 2 slices whole grain bread
- 2/3 C nonfat dry milk
- 1/4 red onion
- 1 egg
- 1/3 t salt
- 1 pound 95% fat free ground beef



This is a picture of 1 serving.

What to do:

1. Preheat the oven to 325° degrees.
2. Wash your hands.
3. Grease a baking sheet.
4. Chop the onions and tear the bread into small pieces.
5. Mix the bread and water in a large bowl.
6. Add the dry milk, egg, onion, salt and ground beef and stir.
7. Make balls the size of golf balls and place them on the baking sheet.
8. Bake for 30 minutes.
9. Serve warm and enjoy!

Tip: To make a meatloaf from the meat balls mix, you can pat the mixture into a loaf pan and bake for 50 minutes.

Nutrition Facts

Serving Size 3 meatballs

Amount Per Serving

Calories 280

Calories from Fat 70

%Daily Value*

Total Fat 8 g **12%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

Cholesterol 120 mg **40%**

Sodium 450 mg **19%**

Total Carbohydrate 17 g **6%**

Dietary Fiber 1 g **4%**

Sugars 11 g

Protein 35 g

Vitamin D 17%

Calcium 30%

* Percent Daily Values are based on a 2,000 calorie diet.

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