

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Meatballs

From www.cooking4f.com

Serves 4

1 pound ground beef (Free range is best!)
½ cup whole wheat breadcrumbs, cracker crumbs or cooked grain
½ cup grated Parmesan cheese, optional
2 eggs, beaten
2 Tbs fresh parsley, minced
2 tsp garlic powder
1 tsp salt
1 tsp oregano
1 tsp onion powder
½ tsp pepper

Preheat the oven to 375 degrees. Lightly grease a sheet pan that has been lined with foil and set aside.

Combine all ingredients and mix well. Form into walnut-sized meatballs, adding water or additional breadcrumbs as needed to get the mixture to stick together. Place on the greased pan and bake for 18-22 minutes or until no longer pink in the center.

Serve the meatballs, with spaghetti sauce, over whole grain pasta or spaghetti squash with a salad on the side.