

Healthy Baked Meatballs

Nutrition Facts:	
Yield	4
Calories	130
Fat	8 g
Sodium	220 mg

Code
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Ingredients Needed:

¼ cup onions, minced
1 Tbsp. vegetable oil
2 lbs. lean ground beef
2 eggs
¾ cup breadcrumbs
½ cup whole milk
1/8 tsp. salt
½ tsp. pepper
2 tsp. onion powder
½ tsp. garlic powder

Recipe Directions:

- Preheat oven to 400 degrees.
- Grease baking sheet lightly with oil.
- Add 1 Tbsp. oil and onions to a small skillet. Cook over medium heat, until tender, about 3 minutes.
- Mix remaining ingredients together in a bowl; add onions. Mix until blended, using a large serving spoon.
- Shape beef mixture into 1 to 2 inch meatballs; place on baking sheet.
- Bake until thoroughly cooked, about 10 to 12 minutes.



