Beef and Quinoa Meatballs

Description

Sneak whole grains and veggies into crowd-pleasing meatballs with this easy recipe that will stretch your food dollar, too. Serve with your favorite pasta and marinara sauce or on a hoagie with cheese for a dynamite meatball sub sandwich.

Summary

Yield: 6
Source: www.wholefoodsmarket.com
Prep Time: 20 minutes
Category: Main Dish

Ingredients

- nonstick cooking spray
- 1 lb (95-percent) lean ground beef
- 3/4 cup cooked quinoa
- 1/4 cup finely chopped onions
- 1/4 cup grated carrots
- 1 cup grated zucchini
- 2 tbsps ketchup
- 1 tbsp chopped garlic
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/4 tsp dried oregano
- 1/4 tsp dried thyme
- 1 egg

Instructions

Preheat oven to 500°. Line a large baking sheet with foil, then grease with cooking spray; set aside.

In a large bowl, mix together beef, quinoa, onions, carrots, zucchini, ketchup, garlic, pepper, salt, oregano, thyme, and egg until well combined. Shape beef mixture into 16 balls and transfer to prepared baking sheet. Roast until cooked through and golden brown, 12 to 15 minutes. Serve hot.

Notes

To cook quinoa, bring 1 cup water to a boil in a small pot. Pour in 1/2 cup quinoa, cover and simmer until water is absorbed, 10 to 12 minutes. Set aside off of the heat for 10 minutes, then fluff with a fork. Makes about 1 1/2 cups.

Nutrition:

Per serving (about 4 oz/113g-wt.): 150 calories (45 from fat), 5g total fat, 2g saturated fat, 75mg cholesterol, 470mg sodium, 8g total carbohydrate (1g dietary fiber, 2g sugar), 17g protein