

# ITALIAN MEATBALLS

## Ingredients

- ½ cup whole milk
- ½ cup rolled oats
- 1 pound ground beef (90% lean or other ground meat of choice)
- ½ small onion, finely chopped
- 2 garlic cloves, minced
- 1 large egg, lightly beaten
- ¼ cup fresh parsley, minced
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 2 cups marinara sauce (recipe on page 9 of the Healthier Traditions: Italian Cookbook)
- fresh parsley, chopped (optional)

## Directions

1. Preheat oven to 400°F. Mix oats and milk in small bowl and soak for at least 10 minutes.
2. In a large bowl, combine beef, onion, garlic, egg, parsley, salt, and pepper. Mix in soaked oats. Use hands to mix evenly.
3. Shape into 1½-inch balls. Arrange on glass baking dish and bake for 20–25 minutes, until browned.
4. Serve in warmed sauce and garnish with parsley, if desired.

45 MINUTES | SERVES 6

*Nutrition Facts*

162 calories | 8g fat | 3g saturated fat | 351mg sodium | 5g carbohydrate | 1g fiber | 1g sugar | 17g protein