



BAKED MEATBALLS

Servings: 4

Prep time: 0:08:00

Bake/Cook time: 0:35:00

Calories: 495

Fat: 32 grams

Protein: 45 grams

Carbohydrates: 2 grams

Fiber: 0 grams

Net Carbs: 2 grams

Baking meatballs instead of frying them saves time and clean-up. These can easily be added to low carb tomato sauce.

1 tablespoon olive oil
1/2 onion, finely chopped
3 garlic cloves, minced
1/2 pound ground veal
1/2 pound ground beef
1/2 pound ground pork
1/2 cup grated Parmesan cheese
2 eggs
1/2 teaspoon salt
1/4 teaspoon pepper

1. Heat oven to 375°In a skillet, over high heat, cook onion 5 minutes, until softened; add garlic and cook 1 minute more. Transfer to a bowl and mix in ground meats, cheese, eggs, salt, and pepper.
2. Roll golf ball-size meatballs; arrange on a jelly roll pan. Bake 20-25 minutes, until browned and cooked through.