



Saucy Parmesan Meatballs



1/4th of recipe (3 meatballs with sauce and toppings):
255 calories, 8.5g total fat (4.5g sat. fat), 681mg sodium, 11g carbs, 2g fiber, 4.5g sugars, 31.5g protein

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Prep: 20 minutes **Cook:** 35 minutes



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Ingredients

Topping

1 cup seeded and diced tomato
1/4 cup finely chopped sweet onion
2 tbsp. chopped fresh basil
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper

Meatballs

1 lb. raw extra-lean ground beef (at least 96% lean)
1/4 cup panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tsp. chopped garlic
1/4 tsp. onion powder
1/4 tsp. each salt and black pepper
3/4 cup marinara sauce with 3g fat or less per 1/2-cup serving
1/4 cup shredded part-skim mozzarella cheese
1/4 cup shredded Parmesan cheese

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium bowl, combine all topping ingredients. Gently mix until uniform. Cover and refrigerate.

In a large bowl, combine beef, breadcrumbs, egg, onion powder, garlic, and 1/4 tsp. each salt and pepper. Firmly and evenly form into 12 meatballs.

Place meatballs in the baking pan, and evenly top with marinara. Cover pan with foil, and bake for 20 minutes.

Remove foil, and bake until meatballs are cooked through, about 10 minutes.

Sprinkle with mozzarella and Parm. Bake until mozzarella has melted, about 5 minutes.

Serve topped with tomato mixture.

MAKES 4 SERVINGS

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