

# EASY HOMEMADE MEATBALLS



March 9

National Meatball Day

## INGREDIENTS

- 1 Pound 80% Lean Ground Beef
- 1 Large Egg (beaten)
- ¼ Cup Breadcrumbs
- ¼ Cup Grated Parmesan Cheese
- ¼ Cup Finely Chopped Onion
- 2 Teaspoons Minced Garlic
- ¾ Teaspoon Salt
- ¼ Teaspoon Black Pepper

## DIRECTIONS

1. Preheat the oven to 400°. Line a baking sheet with foil and spray with non-stick cooking spray.
2. Combine all ingredients in a large bowl.
3. Use a medium cookie scoop or spoon to scoop the meat mixture. Form into 1½-inch balls and place on the baking sheet.
4. Bake uncovered 17 to 20 minutes, or until no longer pink in the middle. Turn halfway through, so the bottoms don't brown.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

25 Meatballs

## PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Meatballs	6 Meatballs	8 Meatballs	8 Meatballs