

Making it delicious

Veggie-Loaded Meatballs



Ingredients

- 1 lb. ground turkey or chicken
- 1 ½ cups grated cauliflower or broccoli*
- 2 green onions, chopped
- ½ Tbsp. Italian seasoning**
- ½ tsp. garlic powder
- ½ tsp. salt
- Black pepper to taste

*See instructions

**1/4 tsp. each: basil, oregano, rosemary, thyme, sage & marjoram



Recipe adapted from www.thenaturalnurturer.com

Instructions

- Preheat the oven to 400 F.
- Wash the cauliflower or broccoli and remove the leaves. Cut into pieces small enough to easily hold in one hand.
- With a box grater or sharp knife, shave off the buds of the cauliflower or broccoli until you have 1 ½ cups.
- Remove the roots from the green onions; finely chop the white parts and most of the green parts.
- Combine the meat, veggies, onion, and seasonings in a large bowl.
- With clean hands, mix the ingredients until everything is well blended.
- Gently roll the mixture into 1 ½ inch balls.
- Arrange the meatballs in a single layer in a large baking dish or a baking sheet with a lip (the vegetables will release liquid during the cooking process).
- Wash your hands thoroughly after shaping the meatballs.
- Bake for 25-30 minutes, until the meat reaches an internal temperature of 165 F.