

BAKED MEATBALLS

4 Servings, about 3 meatballs each, plus 4 servings for another meal

Onions, minced	1/4 cup
Vegetable oil	1 tablespoon
Lean ground beef	2 pounds
Eggs	2
Bread crumb	3/4 cup
Whole milk	1/2 cup
Salt	1/8 teaspoon
Pepper	1/2 teaspoon
Onion powder	2 teaspoons
Garlic powder	1/2 teaspoon

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 TO 12 MINUTES

1. Preheat oven 400° F. Grease baking sheet lightly with oil.
2. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes.
3. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1- to 2-inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.

Note: Serve with spaghetti sauce and in the meatball sandwich.

PER SERVING:

Calories	345
Total fat	21 grams
Saturated fat	7 grams
Cholesterol	142 milligrams
Sodium	224 milligrams