

Beef and Quinoa Meatballs

Sneak whole grains and veggies. Serve with Brown Rice pasta or other Grain and marinara sauce .

Ingredients

Nonstick cooking spray
1 pound (95-percent) lean ground beef
3/4 cup cooked quinoa (follow instructions on package)
1/4 cup finely chopped onions
1/4 cup grated carrots 1/4 cup grated zucchini
3 tablespoons Tomato Paste 1 tablespoon chopped garlic
1/2 teaspoon pepper
1/2 teaspoon salt
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme 1 egg

Preheat oven to 500°F. Line a large baking sheet with foil then grease with cooking spray; set aside. In a large bowl, mix together beef, quinoa, onions, carrots, zucchini, garlic, tomato paste, pepper, salt, oregano, thyme and egg until well combined. Shape beef mixture into 16 balls and transfer to prepared baking sheet. Roast until cooked through and golden brown, 12 to 15 minutes. Serve hot. (Note: To cook quinoa, bring 1 cup water to a boil in a small pot. Pour in 1/2 cup quinoa, cover and simmer until water is absorbed, 10 to 12 minutes. Set aside off of the heat for 10 minutes then fluff with a fork. Makes about 1 1/2 cups.)