

# Baked Meatballs

## Ingredients

½ cup finely grated **carrot**

1 **egg**

½ cup **oats** (old fashioned or quick-cooking)

¼ cup skim or 1% **milk**

½ teaspoon each **salt, pepper**

½ teaspoon **garlic powder**

½ teaspoon **onion powder**

½ teaspoon **oregano**

1 pound lean **ground meat** (any type, 15% fat or less)



## Instructions

1. Wash hands with soap and water.
2. Preheat oven to 425 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together all ingredients except ground meat.
4. Add the ground meat and mix in evenly.
5. Using your hands, shape the mixture into 21 (about 2-inch) meatballs. Arrange the meatballs on the baking sheet with space between each one. Bake in 2 batches or on 2 baking sheets if needed. Wash hands with soap and water after touching raw meat and eggs.
6. Bake for 12 to 15 minutes or until the meatballs are cooked through (165 degrees F with a food thermometer) and the outsides are browned.
7. Refrigerate leftovers within 2 hours.

## Notes

Try other seasonings such as Italian seasoning or use soy sauce instead of salt.

No carrot? Use chopped frozen spinach or grated zucchini instead.

Enjoy with Quick Tomato Pasta Sauce, Veggie Stew or in our Mix and Match Stir-fry.