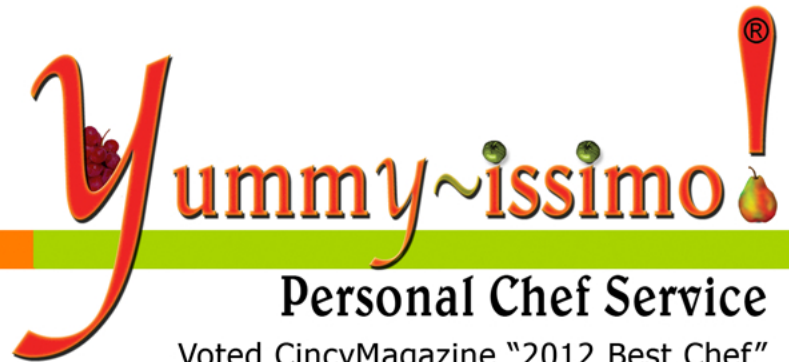


Mozzarella Stuffed Meatballs



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Bake these meatballs instead of frying them to decrease the calorie and fat content

Serves 6

1 onion, grated		salt and pepper
	1 egg	
1/2c flat leaf parsley, chopped	3T ketchup	8oz ground beef
		8oz ground veal
2/3c Parmesan cheese, grated	2 garlic cloves, minced	2oz fresh mozzarella cheese, cut into 1/2" cubes
1/3c bread crumbs	1/4t red pepper flakes	

Position rack in lower 1/3 of oven and preheat to 400 degrees. Line a baking sheet with parchment paper and place a wire rack on sheet and spray with non~stick cooking spray.

In large bowl combine onion, parsley, Parmesan, bread crumbs, egg, ketchup, garlic, red pepper flakes and salt and pepper. Add the ground beef and ground veal. Combine all ingredients gently but thoroughly. Shape mixture into 16 ~ 1 1/2" meatballs. Make a hole in the center of each meatball and place mozzarella cube in the center of each meatball. Reshape and completely cover cheese. Place meatballs on wire rack.

Bake 25 minutes or until completely cooked. Serve with your favorite pasta and red sauce.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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