

Mozzarella Stuffed Meatballs



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.

Prepare Ahead Tip

Meatballs can be baked, cooled completely and frozen. Freeze individually on baking sheet and when completely frozen, package in zip~lock bags. Thaw overnight in refrigerator day before consumption. Reheat in microwave until warmed through.

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