



Bacon & Cheese Meatballs



1/2 of recipe (4 stuffed meatballs): 241 calories, 8g total fat (3.5g sat. fat), 490mg sodium, 8g carbs, 0.5g fiber, 1g sugars, 30.5g protein

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Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

8 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup finely chopped onion
1/4 cup [panko bread crumbs](#)
1 1/2 tbsp. [precooked crumbled bacon](#)
1 tsp. [Worcestershire sauce](#)
1/2 tsp. garlic powder
1/8 tsp. salt
1/8 tsp. black pepper
1 stick light string cheese, sliced into 8 coins
Optional dip: marinara sauce, ketchup, mustard, BBQ sauce

Directions

In a large bowl, combine all ingredients except cheese. Thoroughly mix. Firmly form into 8 meatballs.

Press an indentation into each meatball, and fill with a string cheese coin. Seal meat around cheese.

Spray an air fryer with non-aerosol nonstick spray. Place meatballs in the air fryer.

Set air fryer to 390°F. Cook for 10–12 minutes, until cooked through, shaking or flipping halfway.

MAKES 2 SERVINGS

Oven Alternative: Bake at 350°F until cooked through, about 15 minutes, flipping halfway.

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