



Zucchini Meatballs



1/4th of recipe (4 meatballs): 203 calories, 6.5g total fat (3g sat. fat), 442mg sodium, 7.5g carbs, 1g fiber, 2.5g sugars, 27g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

8 oz. (about 1 medium) zucchini
1 lb. raw extra-lean ground beef (at least 96% lean)
1/3 cup panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tbsp. light/reduced-fat cream cheese

Seasonings:

1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. each salt and black pepper

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Shred zucchini, and place in a strainer to drain. Using a clean dish towel (or paper towels), press out as much moisture as possible.

Transfer zucchini to a large bowl, and add remaining ingredients and seasonings. Thoroughly mix.

Firmly and evenly form into 16 meatballs, and place on the baking sheet, evenly spaced.

Bake for 10 minutes. Flip meatballs, and bake until cooked through, about 10 more minutes.

MAKES 4 SERVINGS

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