

Ingredients
for Life

Greek-Inspired Meatballs

These Greek-Inspired Meatballs are nutritious, easy to make, and full of flavor. They pair great with a salad, on top of grains, or your favorite vegetables! If you don't have a grater, simply dice the zucchini into small pieces. These meatballs are packed with protein and fiber to help keep you satisfied. Although it may seem odd, oats are a great breadcrumb substitute. They offer more fiber and protein than breadcrumbs, and once cooked, you will never even know they were there. Make extras and freeze. Next time you need a quick protein, reheat meatballs in the microwave, skillet, or air fryer for a few minutes.

Serves 5

Serving size: 4 meatballs

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Ingredients

- 1 pound lean ground meat (ground turkey, ground chicken, or lean ground beef)
- 1 egg
- 1/3 cup old-fashioned oats
- 1/2 onion, diced
- 1 cup grated zucchini, liquid squeezed out well (typically 1-2 medium-sized zucchini)
- 1 Tablespoon dried oregano
- 2 Tablespoons lemon juice (typically one medium-sized lemon)
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

Directions

1. Mix all ingredients in a large bowl until well combined.
2. Spoon out about 1 Tablespoon of the mixture and roll in your hands to form a ping pong ball-sized meatball.
3. Cooking methods
 - **Oven:** Preheat oven to 400°F. Lightly spray a baking sheet with cooking spray. Spread meatballs out on a baking sheet so they do not touch. Bake for 10-12 minutes or until they have reached a safe internal temperature.
 - **Stovetop:** Heat a large skillet over medium-high heat. Lightly spray with cooking spray. Add meatballs in batches so they do not touch while in the pan. Cook for 8-10 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.
 - **Air Fryer:** Preheat air fryer to 380°F. Lightly spray air fryer basket with cooking spray. Add meatballs in batches so they do not touch while cooking. Cook for 6-8 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.



Nutrition Facts

5 Servings Per Container

Serving Size

188g

Amount Per Serving

Calories

190

% Daily Value *

Total Fat 9g 12%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 450mg 20%

Total Carbohydrates 9g 3%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0.6mcg 2%

Calcium 80mg 6%

Iron 3.4mg 20%

Potassium 430mg 10%

Phosphorus 250mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Ground Turkey, Zucchini Summer Squash, Onions, Eggs, Lemon Juice, Oats, Oregano, Kosher Salt, Black Pepper

Contains: Eggs

RECOMMENDED COOKING TEMPERATURES

Use a digital thermometer to ensure your food is safely cooked to the correct temperature.

145°F:
Pork or
lamb

158°F:
Ground
beef

165°F:
Chicken or
turkey