

# Mozzarella Meatballs

## Ingredients for Life

These Mozzarella Meatballs are packed with plenty of protein and fiber, great for keeping you full and satisfied. Enjoy with your favorite whole-grain pasta and marinara sauce. Use any vegetables you have lying around - diced spinach, carrots, zucchini, or mushrooms work great. They are perfect for preparing in advance, as they are easy to 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 vegetables, diced (spinach, carrots, zucchini, mushrooms, etc.)
- 1 cup reduced-fat mozzarella cheese, shredded
- 1 Tablespoon Italian seasoning
- 1/2 teaspoon Kosher salt
- 1 teaspoon 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	
<b>Serving Size</b>	<b>187g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
% Daily Value *	
<b>Total Fat</b> 13g	<b>16%</b>
Saturated Fat 4.5g	<b>22%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrates</b> 15g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	
Vitamin D 0.6mcg	<b>4%</b>
Calcium 220mg	<b>15%</b>
Iron 4.7mg	<b>25%</b>
Potassium 420mg	<b>8%</b>
Phosphorus 350mg	<b>30%</b>

\* 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, Vegetables, mixed, frozen, unprepared, Shredded Mozzarella Cheese, Onions, Eggs, Oats, Italian Seasoning, Kosher Salt, Black Pepper

**Contains:** Milk, 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