Meatballs

A childhood favorite

Preparation Time 30 minutes

Makes: 4 servings (3 meatballs each)

Ingredients

- 1 pound lean ground turkey, chicken, beef or pork
- 1 egg
- 1 cup rolled oats
- 1 onion, minced
- 2 garlic cloves, minced
- 1 teaspoon basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons parmesan
- 2 tablespoons olive oil

Directions

1. Place all ingredients (except the olive oil) in a bowl and mix by hand until everything is well blended and the meat holds together
2. Clean hands and roll meatballs to desired size placing them on a dinner plate as you roll them
3. Heat oil in a pan and add the meat balls. Allow them to brown, then turn to brown the other side.*

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

4. Once browned, drain any excess oil from the pan and add 2 quarts of marinara sauce. Simmer until meatballs are cooked fully through, about 15 more minutes. Serve over spaghetti squash.

   * meatballs can be browned in the oven on an oiled baking sheet at 350 degrees for about 15 minutes

Nutrition

- 3 meatballs (if you make a total of 12)
- Calories 258, Carbs 15g, Added sugar 0g, Fiber 3g
- Protein 27g, Fat 10g, Sodium 291mg, Potassium 48mg

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.