



Beef + Greens Meatballs

Ingredients

- Olive oil
- 1 clove garlic, minced
- 1/4 cup finely chopped onion
- 1 pound ground beef (or you could use ground turkey)
- 1 egg, beaten
- 1/4 cup grated Parmigiano Reggiano
- 1/2 cup Panko or plain breadcrumbs
- Large pinch salt and pepper
- 1 cup of finely chopped dark, leafy greens (I used kale + spinach)

Instructions

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper
2. Heat a little oil in a small pan over medium-low heat
3. Add garlic and saute until slightly golden and fragrant. Then add onion and cook for a few minutes. Set aside to cool
4. In a medium bowl, add your meat and all of the remaining ingredients
5. Use your hands to mix until everything is just combined
6. Roll into balls and add to baking sheet
7. Place in the oven for about 20 minutes
8. Serve with sauce of your choice (I like pesto or tomato) and add leftovers to the fridge for up to 5 days or freeze for up to 3 months