



ITALIAN QUINOA MEATBALLS

Ingredients:

1 lb of lean ground beef
1/4 cup zucchini - grated
1/4 cup carrot - grated
1/4 cup of onion - chopped
1 egg
1 tsp salt
1 tsp pepper
1/4 tsp thyme - dried
1/4 tsp organo - dried
1 clove of garlic - minced
1 tbsp soy sauce
2 tbsp ketchup or tomato paste
3/4 cup cooked quinoa

Instructions:

Combine ingredients together in a bowl until well blended

Divide into 16 meatballs on parchment lined baking dish

Bake in oven 450F for 15 minutes

Enjoy!