

Pork and Veggie Meatballs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Lean Ground Pork
- 1 Apple (medium, cored, grated)
- 1 Zucchini (medium, grated)
- 5 cups Baby Spinach
- 1/3 cup Parsley (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|------|-----------|------|
| Calories | 292 | Iron | 3mg |
| Fat | 19g | Vitamin D | 19IU |
| Carbs | 10g | Folate | 96µg |
| Fiber | 3g | Magnesium | 62mg |
| Protein | 22g | Zinc | 3mg |
| Vitamin C | 29mg | | |

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated apple and zucchini as possible. Set aside into a large bowl.
- 03 To the same bowl, add ground pork, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls.
- 04 Place the meatballs on the baking sheet and place in the oven for 15 to 16 minutes.
- 05 In a non-stick skillet over medium-low heat, add the spinach and cook until just wilted. Divide the spinach between plates and top with the meatballs. Enjoy!

NOTES

RECIPE ID 616

SERVING SIZE

One serving is equal to approximately five meatballs.

MAKING THE MEATBALLS

Ensure that the zucchini and apple are well squeezed of excess moisture, otherwise, the mix will be too wet to hold together.