



RECIPE OF THE WEEK

IMPRESIONANTE (AMAZING) MEATBALLS

1 lb. extra lean ground beef

2 Tablespoons low sodium taco seasoning mix

1. Preheat oven to 350 degrees
2. Spray a baking sheet with non stick cooking spray.
3. In a large bowl, thoroughly mix 1 lb extra lean ground beef with 2 Tablespoons taco seasoning mix. Firmly and evenly form into 16 meatballs and place on baking sheet, evenly spaced.
4. Bake for 10 minutes, flip meatballs and bake until cooked thoroughly, about another 5 minutes.

*** Serve as an appetizer, in salad, or in a tortilla wrap***

NUTRITION FACTS:

Calories: 158

Dietary Fiber: 0 grams

Total Fat: 5 grams

Protein: 23.5 grams

Sodium: 356 mg.

Total Carbohydrates: 2.5 grams

Makes 4 servings (1 serving = 4 meatballs)

FOOD FOR THOUGHT:

Energy and persistence conquer all things. – Benjamin Franklin