

Meatballs • 50 servings (1 meatball)

| INGREDIENTS | WEIGHT | MEASURE | METHOD | NOTES |
|------------------------------------|--------|----------------|---|--|
| | | | <ol style="list-style-type: none"> Preheat convection oven to 400°F or conventional oven to 425°F. Line 2 baking sheets with parchment paper. | <ul style="list-style-type: none"> This recipe is easily doubled or tripled. Freeze the cooled cooked meatballs on trays then transfer to airtight containers. Freeze for up to 3 months. Serve with marinara sauce on whole wheat hot dog buns with melted mozzarella cheese or over pasta. |
| Chopped kale (or chard or spinach) | | 1 cup (packed) | <ol style="list-style-type: none"> Cook kale (or chard or spinach) in a medium saucepan of boiling water until just tender, 1 to 3 minutes. Drain well. | |
| Rolled oats | 8 oz | 1½ cups | <ol style="list-style-type: none"> Process oats in a food processor fitted with a steel blade until they resemble coarse crumbs, about 10 seconds. | |
| Eggs | | 2 large | <ol style="list-style-type: none"> Beat eggs in a large bowl. Add the ground oats, beef, the greens, milk, ketchup, cheese, tomato paste, onion powder, poultry seasoning, Worcestershire sauce, salt and pepper. Mix together with your hands until well incorporated (don't over-mix). | |
| Ground beef, 80% lean | 5 lb | | | |
| Low-fat milk | | 1 cup | | |
| Ketchup | | ½ cup | | |
| Grated Parmesan cheese | | ½ cup | | |
| Tomato paste | | ¼ cup | | |
| Onion powder | | ¼ cup | | |
| Poultry seasoning | | 2 Tblsp | | |
| Worcestershire sauce | | 2 Tblsp | | |
| Kosher salt | | 2 tsp | | |
| Ground black pepper | | 1 tsp | | |
| | | | <ol style="list-style-type: none"> Portion the meatballs using a 1-oz scoop and place on the prepared baking sheets. Bake until they reach an internal temperature of 165°F, 10 to 12 minutes. | |

