



## Beef and Lamb Meatballs

By Katie Ferraro, MPH, RD, CDE

Servings: 10

Ingredients	Nutrient value per serving Serving Size = 2 meatballs in ¼ c. sauce
<p><b>Meatballs</b>            2 c. water            ½ c. millet, hulled            ½ c. flat-leaf parsley, chopped            ¼ c. jarred red bell pepper, diced            ½ t. salt            ½ t. black pepper            6 oz. lean ground lamb            6 oz. extra-lean ground beef            2 large eggs            2 cloves garlic, minced            Cooking spray</p> <p><b>Sauce</b>            1 T. olive oil            2 T. onion, diced            2 cloves garlic, minced            ½ t. dried oregano            1/8 t. dried red pepper flakes            ½ t. salt            1 28-oz. can no-added-salt diced tomatoes</p>	<p>Exchanges ..... 1 starch            ..... ½ fruit            ..... 1 protein            Calories ..... 150            Calories from Fat ..... 63            Total Fat ..... 7 g            Saturated Fat ..... 3 g            Cholesterol ..... 60 mg            Sodium ..... 350 mg            Carbohydrate ..... 12 g            Fiber ..... 2 ½ g            Sugar ..... 3 g            Protein ..... 10 g</p>
Instructions	Notes
<ol style="list-style-type: none"> <li>1. Bring water to a boil. Add hulled millet and lower heat to medium. Cover and let simmer for 15-20 min., or until tender. Cool.</li> <li>2. Thoroughly combine cooked, cooled millet with parsley, red bell pepper, salt, black pepper, ground lamb, ground beef, eggs and 2 garlic cloves. Cover and refrigerate for 15 min.</li> <li>3. Preheat oven to 400°F. Shape meatball mixture into 20 meatballs (approx. 1- in. each). Cover and refrigerate for 15 min.</li> <li>4. To prepare the sauce, add olive oil to skillet over medium heat. Add onion, garlic, oregano, dried red pepper flakes and salt. Cook about 30 sec.</li> <li>5. Stir in tomatoes and their juice. Increase heat to high, bringing to a boil. Reduce heat to medium-low and simmer until tomato mixture thickens, about 15 min.</li> <li>6. While sauce is thickening, spray a large skillet with cooking spray and heat to medium-high. Add chilled meatballs to baking sheet coated with cooking spray and bake for 20 min., or until cooked.</li> <li>7. Place cooked meatballs into prepared sauce and serve.</li> </ol>	<p>Prep and cook time: 75 min.</p> <p>Millet is the secret ingredient that gives this meatball dish a healthy kick. The millet acts as a binding agent and helps cut the amount of meat needed while adding fiber and a whole grain ingredient to this timeless appetizer. Browning the meatballs before baking locks in flavor and moisture. If time permits, after browning, you can use a slow cooker to cook the meatballs instead of baking.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p>