

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Beef and Quinoa Meatballs

[Taken from www.wholefoodsmarket.com/recipes]

Ingredients:

- 1 pound (95-percent) lean ground beef
- 3/4 cup cooked quinoa (use frozen 365 Everyday Value® Organic Quinoa, or cook it from scratch*)
- 1/4 cup finely chopped onion
- 1/4 cup grated carrot
- 1/4 cup grated zucchini
- 2 tablespoons ketchup
- 1 tablespoon chopped garlic
- 1 tablespoon soy sauce
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1 egg, lightly beaten

Directions:

- Preheat the oven to 450°F.
- Line a large baking sheet with parchment paper; set aside.
- In a large bowl, mix together all ingredients until well combined.
- Shape into 16 balls and transfer to the prepared baking sheet.
- Roast until cooked through and golden brown, 15 to 17 minutes. Serve hot.

(*Note: To cook quinoa, bring 1 cup of water to a boil in a small pot. Pour in ½ cup quinoa, cover and simmer until water is absorbed, 10 to 12 minutes. Set aside off of the heat for 10 minutes then fluff with a fork. Makes about 1 1/2 cups. Use 3/4 cup in this recipe, and reserve the remaining for another use.)