

O-YA's Taco Meatballs

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

2 lbs	Extra Lean Ground Beef
2	Eggs
1 Cup	Finely Chopped Onion
2 cloves	Garlic, minced
2 packs	Blue Menu (tm) Taco Seasoning
1/2 Cup	Ground Flax Seed
1/2 Cup	Oat Bran
1 1/4 tsp	Salt
5 - 6 Grinds	Pepper Mill
	Shredded Cheese

Preheat oven to 400 degrees.

In a bowl, mix the beef, eggs, onion, garlic, taco seasoning, ground flax and oat bran along with salt and pepper. Roll mixture into 1 inch balls (should make about 50 meatballs). Line baking sheets with parchment paper (you will probably need 3 baking sheets). Place the meatballs on the baking sheets and bake for 15 minutes.

Let cool and put on toothpicks (4 meatballs per toothpick). Line the toothpicks up and sprinkle meatballs with a little cheese. If serving right away, put stove on broil and broil until cheese is melted. If serving the next day, heat oven to 350 and heat meatballs up until cheese is melted. Serve with salsa for dipping and cut vegetables.

What makes this a Healthy Snack Sarah?

"Baking these meatballs helps save in the fat department as opposed to frying them. Blue Menu (tm) Taco Seasoning has less salt than the regular, which allows you to play with the salt content in this recipe. The oat bran and flax seed take the place of breadcrumbs as they have far more nutrient value and fibre. Adding garlic to any recipe gives it a healthy kick - you may want to add more!!!" Sarah Green, Holistic Nutritionist

