

Greek Meatball & Veggie Skillet

- 1 small onion finely diced
- 2 cups fresh spinach
- 1 teaspoon garlic
- 1 lb 96% lean ground beef
- 1 egg
- 1 lemon juiced
- 1 tablespoon oregano
- 1 teaspoon cumin
- 1/2 teaspoon Himalayan sea salt
- 2 zucchini chopped
- 2 yellow squash chopped
- 1 cup cherry tomatoes halved



1. Preheat the oven to 350°.
2. Spray a large ovenproof skillet with non-stick spray and over medium-high heat, cook onion until translucent. Add the spinach and garlic and cook for an additional minute or until the spinach is all wilted.
3. Dump the mixture into a large bowl and add the ground beef, egg, 1/2 of the lemon juice, oregano, cumin and salt. Combine the mixture with your hands until everything is blended, being sure to not overwork the meat. Roll the mixture into 1" meatballs.
4. Add the meatballs, cooking for one minute on each side, rotating until all sides are cooked.
5. Top the meatballs with the chopped veggies and bake at 350° for 30-40 minutes or until the meatballs are no longer pink in the center. Cooking times will vary on the size of meatballs.
6. Remove the skillet from the oven and top with the remaining lemon juice. Give a rough stir and serve immediately.

Makes 4 servings.

Serving Size = 3 ounces of meatballs and 2 cups vegetables

Enjoy with 1 serving of on plan fruit to complete the meal.

