



Meatballs

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 meatball

Amount per Serving	
Calories	128 kcal
Protein	11.18 g
Carbohydrate	4.80 g
Total Fat	6.77 g
Saturated Fat	2.65 g
Cholesterol	42.47 mg
Vitamin A	259.47 IU
Vitamin C	2.20 mg
Iron	1.21 mg
Calcium	31.05 mg
Sodium	244.30 mg
Dietary Fiber	0.65 g

EQUIVALENTS: 1 meatball provides 1 oz equiv of meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Two thumbs up!”

— ELEMENTARY STUDENT

Meatballs • 50 servings (1 meatball)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>① Preheat convection oven to 400°F or conventional oven to 425°F. Line 2 baking sheets with parchment paper.</p>	<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)	<p>② Cook kale (or chard or spinach) in a medium saucepan of boiling water until just tender, 1 to 3 minutes. Drain well.</p>	
Rolled oats	8 oz	1½ cups	<p>③ Process oats in a food processor fitted with a steel blade until they resemble coarse crumbs, about 10 seconds.</p>	
Eggs		2 large	<p>④ 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).</p>	
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		
			<p>⑤ 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.</p>	

