
MEATBALL SALAD

(Gluten-Free, Nut-Free, Egg-Free)

Yield: 4 servings **Total time:** 20 minutes



D'LISH

Ingredients

- 1 lb. lean ground beef
- 1/4 cup grated parmesan cheese
- 4 cups baby spinach
- 1 cup grape tomatoes, chopped
- 1 small cucumber, chopped
- 1/2 red onion, chopped
- 2 tbsp olive oil, divided
- 1 lemon, squeezed and zested
- 1 cup marinara sauce
- 1 tsp black pepper, garlic powder, paprika, parsley, basil
- 2 tbsp fresh basil, chopped
- Optional toppings: 1/4 grated parmesan cheese or 1/4 cup fresh mozzarella, chopped

Directions

1. **Make meatballs:** In a medium bowl, mix together ground beef, parmesan cheese, black pepper, garlic powder, paprika, parsley and basil. Shape into 12 meatballs. Heat 1 tbsp oil in a skillet over medium-high heat. Add meatballs and cook for 12 minutes, flipping frequently.
2. **While meatballs are cooking, prepare salad:** Chop grape tomatoes, cucumber, and red onion. In a large bowl toss spinach, grape tomatoes, cucumber and red onion. Top with 1 tbsp olive oil, lemon juice and zest.

Grocery List

- Ground beef
- Baby spinach
- Grape tomatoes
- Cucumber
- Red onion
- Olive oil
- Lemon
- Marinara sauce
- Seasonings: black pepper, garlic, paprika, parsley, basil
- Fresh basil
- Parmesan cheese

Kitchen Equipment

- Cutting board
- Knife
- Skillet
- Spatula
- Med & Lrg bowl
- Citrus squeezer
- Measuring cups & spoons
- Serving bowls

3. Once meatballs are finished cooking, reduce heat to a simmer and pour marinara sauce in skillet over meatballs. Heat for 2 minutes.
4. **To serve:** Divide salad mixture among 4 plates and top with 3 saucy meatballs, fresh basil and cheese (optional).

Per serving: 290 Calories; Total Fat 18g; Saturated Fat 6g; Sodium 241mg; Total Carbohydrates 9g; Fiber 3g; Protein 25g

Nutrition Information

- Meatballs are a good source of protein but typically high in sodium and fat. When you make meatballs at home you can choose leaner protein to reduce the amount of saturated fat and control the salt content.
- 95% lean ground beef is an excellent source of protein, omega-3 fatty acids, vitamins B12, niacin, zinc and iron. Lean red meat when consumed in a diet low in saturated fat does not increase cardiovascular risk factors.
- Herbs and spices are a great replacement to salt when cooking. Try experimenting with cumin, cayenne, paprika, black pepper, oregano, parsley, garlic and onion powder to develop flavor. If you still want to add salt wait until you are finished cooking and season to taste. This is an easy way to reduce sodium content in dishes.
- Marinara sauce has tomatoes as its main ingredient and can be counted as a serving of vegetables. It is low in calories and fat and is a good source of vitamins A, C, calcium, iron, and lycopene. Look for marinara sauce options that contain no added sugar.
- Salad greens contain Vitamin A, Vitamin C, beta-carotene, calcium, folate, fiber, and phytonutrients. Leafy vegetables are a good choice for a healthful diet because they are low in calories, fat, cholesterol and sodium.

