

Middle Eastern Meatballs



Ingredients

1 lb / 0.5 kg lean ground pork
¾ cup / 175 mL grated zucchini
⅓ cup / 80 mL finely chopped red onion
¼ cup / 50 mL chopped fresh parsley
2 cloves garlic, minced
¼ cup / 50 mL fine unseasoned breadcrumbs
1 tsp / 5 mL ground cumin
½ tsp / 2 mL EACH ground coriander and ground cinnamon
¼ tsp / 1 mL EACH ground allspice, chili powder, salt and ground black pepper
Cooking spray

Directions

1. Preheat oven to 400°F.
2. In large bowl, gently combine all ingredients; do not over mix. Form mixture into 1 ½-inch balls.
3. Line rimmed baking sheet with foil; spray lightly with cooking spray.
4. Arrange meatballs on baking sheet, about 1 inch apart. Bake uncovered 10-12 minutes.
5. Turn and bake 8-10 minutes more or until instant-read thermometer registers 160°F.

Tip: For a complete meal, serve with a refreshing quinoa or bulgur salad or prepared couscous.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 25
- **Number of Servings:** 20 meatballs