

## Gluten Free Italian Meatballs

Recipe by: Guest Chef Mindy Sweetwood,  
Certified Culinary Professional (CCP)

Yield: 4 servings

### Ingredients:

1 pound ground beef  
¼ cup almond meal  
¼ cup skim milk  
¼ cup Parmesan cheese  
1 egg  
2 cloves garlic, finely chopped  
3 tablespoons fresh parsley, chopped  
½ teaspoon salt  
¼ teaspoon ground black pepper  
2 tablespoons olive oil



*Photo credit: Edward Lynch '20,  
Stephen Spencer-Advisor,  
JWU Student Food Photography Club*

### Method of Preparation:

1. In a large bowl, combine all ingredients, except the oil, until well blended.
2. Shape mixture into 12 large meatballs.
3. Heat oil in a large ovenproof skillet over medium-high heat. Brown meatballs on all sides, turning occasionally. Cook until done, about 8-12 minutes. The center of each meatball should reach 145 degrees.
4. Meatballs can be made and shaped a day ahead to be refrigerated overnight before cooking. Or, they can be made and shaped ahead and frozen to cook at a later time. If they are cooked right away, leftovers should be stored in the refrigerator for about three days.

#### Nutritional Analysis:

Calories: 340  
Carbohydrates: 2 g  
Sodium: 420 mg  
Protein: 27 g  
Fat: 24 g  
Fiber: 1 g