

Greek Meatballs

Prep: 10min

Cook: 25 min

Total: 35 min

2 cups cooked brown rice, cooled

3/4 teaspoon dried oregano

4 tablespoons (1 ounce) reduced-fat crumbled feta cheese, divided

1 pound 95 percent lean ground beef

2 medium zucchini (1 pound total), cut into thin slices

1 cup bottled marinara sauce



DIRECTIONS Preheat the oven to 450°F. Coat a 13" x 9" baking dish with vegetable oil spray. In a large bowl, combine the rice, oregano, and 2 tablespoons of the cheese. Stir in the beef until combined. Scatter the zucchini into the reserved baking dish in a single layer. Using a small ice cream scoop, shape the meat mixture into sixteen 1 1/2" balls. Place the meatballs on top of the zucchini. Drizzle with the marinara sauce. Cover with aluminum foil. Bake for about 22 minutes, or until the meatballs are no longer pink. Uncover and top with the remaining 2 tablespoons of cheese. Let sit in the oven for about 1 minute, or until the cheese melts slightly.

Serves: 4 @ 6 points, 6 points plus

NUTRITIONAL FACTS PER SERVING CALORIES 336.6 CAL FAT 9.6 G SATURATED FAT 4 G SODIUM 427.7 MG CARBOHYDRATES 31.7 G TOTAL SUGARS 2.6 G DIETARY FIBER 4.1 G PROTEIN 30.1 G