



Ground Bison Meatballs

Serves 6

Serving size = 4 meatballs

Ingredients

2 eggs (or 3 egg whites)

½ c whole grain breadcrumbs or quick oats

¼ c parmesan cheese

¼ t garlic powder

¼ t black pepper

1 (10oz) package frozen chopped spinach, thawed/drained

1 lb. ground meat (bison turkey, chicken, beef)

Directions

1. Preheat oven to 350 degrees. (In the video, Chef Liz mentioned she bakes hers at 400 degrees for a crispier crust.)
2. In a large bowl, combine all ingredients until well blended.
3. Shape into 11 2-inch meatballs and place on a baking sheet lined with parchment paper (or use a non-stick spray).
4. Bake for 25-35 minutes or until meatballs are cooked through. Top with your favorite sauce or eat them as is!

Recipe from Chef Liz Raygor
Breck School Executive Chef

Flik Tastings