

Monthly
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Simply Seasonal

Zucchini "Meatballs"

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Zucchini "Meatballs"

Ingredients

- 1 t. olive oil
- 2 garlic cloves*, crushed
- 2½ c. zucchini*, grated
- 3/8 t. salt
- 1/8 t. pepper
- 3 T. basil*, chopped
- 1 c. breadcrumbs*
- 1 large egg*, beaten
- ¼ c. Romano cheese, grated
- 2 c. marinara sauce*

*can be found locally

Directions

1. Preheat oven to 375° F.
2. In a large skillet heat olive oil over medium-high heat. Add garlic and cook until golden.
3. Add zucchini, salt and pepper. Cook until all the water evaporates.
4. Transfer zucchini mixture to a large bowl, and add basil, breadcrumbs, egg, and cheese.
5. Roll 1 T. of the mixture into a ball, and place on greased baking sheet. Repeat with remaining mixture.
6. Bake for 20 minutes or until firm.
7. In a large skillet heat the marinara sauce over medium-high heat. Add the meatballs and allow to simmer for 5 minutes.
8. Serve warm with your favorite grain or pasta.