

Meatballs

- 1 Tablespoon egg substitute
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{8}$ cup plain breadcrumbs
- 2 Tablespoons milk
- 1-2 teaspoon fresh minced garlic
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon dried oregano
- 1 $\frac{1}{2}$ teaspoons dried parsley
- 6 oz ground beef

Preheat oven to 350 degrees.

Mix all ingredients together in a large bowl, adding meat last.

Shape into equally sized meatballs, about the size of a golf ball.

Spray a cookie sheet with nonstick spray. Place meatballs on cookie sheet, spacing them out so they are not touching. Bake for 20-25 minutes until they are cooked through and internal temperature is 160 degrees.

Quick Marinara

- $\frac{1}{2}$ Tablespoon extra virgin olive oil
- $\frac{1}{2}$ Tablespoon finely chopped onion
- $\frac{1}{2}$ teaspoon minced garlic
- $\frac{1}{2}$ cup crushed tomatoes
- $\frac{1}{2}$ teaspoon dried basil

In a small microwave bowl combine oil, onion and garlic. Microwave on high for 30 seconds. Stir in tomatoes and basil and microwave for another 45 seconds (be sure to cover bowl!), just to heat through. Stir well and serve.