

Baked Meatballs *Makes 8 servings, 3 items each*

¼ cup onions, minced	½ cup milk*
1 Tablespoon vegetable oil	⅛ teaspoon salt
2 lbs. lean ground beef	½ teaspoon pepper
2 eggs	2 teaspoons onion powder
¾ cup bread crumbs	½ teaspoon garlic powder

1. Preheat oven to 400 degrees. Grease baking sheet lightly with oil.
2. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat until tender, about 3 minutes.
3. Mix remaining ingredients together in bowl; add onions. Mix until blended.
4. Shape beef mixture into 1- to 2- inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.
6. Serve with spaghetti sauce or in a meatball sandwich.

*Use fat-free or low-fat milk. Note: Serve with spaghetti sauce or in a meatball sandwich.
