

Meatballs

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

Preheat oven to 350 degrees.

Mix all ingredients together in a large bowl. Shape into 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.

Quick Marinara

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

In a small microwave bowl combine oil, onion and garlic. Microwave on high for one minute. Stir in tomatoes and basil and microwave for another minute (be sure to cover bowl!) Stir well and serve.