



## **Greek Meatballs**

**Julie Heathcote, Sunflower Chef Country: Greece**

### **Ingredients:**

1 lb. lean ground beef  
1/3 cup panko breadcrumbs  
1/2 cup finely chopped parsley  
3 tablespoons grated yellow onion  
2 cloves garlic, grated  
1 lemon, zested  
2 tablespoons fresh lemon juice  
1 egg  
2 teaspoons dried oregano  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon ground cinnamon  
Salt and fresh ground black pepper, to taste  
4 oz feta cheese, crumbled  
Olive Oil Spray

### **Instructions:**

1. Preheat oven to 375° F. Line a baking sheet with parchment paper and lightly spray it with cooking oil.
2. In a large bowl mix together all meatball ingredients.
3. Form tablespoon sized meatballs.
4. Place the meatballs on the prepared baking sheet and spray or brush the tops with olive oil spray. Place the baking sheet on the center rack of the oven and bake for approximately 10-15 minutes or until golden brown.
5. Serve with tzatziki sauce.

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