

Broccoli Parmesan Meatballs

-1/2 c. raw almonds
-1 large head broccoli, cut into florets and steamed (about 2 cups)
-1/2 c. shredded Parmesan cheese
-2 cloves garlic, minced
Salt and pepper to taste
-1 egg, lightly beaten
-Olive oil mister or cooking spray
-Preheat oven to 350°F.

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2. Place the almonds in a food processor. Process until they're coarsely ground.
3. Transfer ground almonds to a medium bowl. Now place the broccoli florets in the food processor and pulse until chopped.
4. Add the chopped broccoli, cheese, and garlic to the almonds and season with salt and pepper to taste. Stir in the egg.
5. Spray a mini-muffin tin with olive oil or cooking spray. Form the broccoli mixture into 12 balls, squeezing them a little to make sure they hold their shape, and place each one in its own cup in the muffin tin.
6. Bake until meatballs are golden on the outside and heated through, about 20 minutes.
7. Remove tin from oven and run a butter knife along the edges of each muffin cup to loosen meatballs before gently popping them out.

Nutrition Facts: 957 Calories, 91 Carbs, 49g Fat, 1,152mg Sodium, 21g Sugar