



Low Calorie and Low Carb Meatballs

1 lb. Lean Hamburger Meat

1 Egg

1 teaspoon Onion Powder

1 teaspoon Basil

1 teaspoon Oregano

1 teaspoon Garlic Salt

Pinch of Pepper

Preheat oven to 425 degrees. Combine all ingredients in a bowl. Form into small balls and place on a baking and cook 7-9 minutes or until done throughout. Drain on paper towels. Try serving with “Zoodles” (Zucchini Noodles) as a whole food-low carb option! Yum! (As Pictured.)