spinach & cheese meatballs

cook time:	prep time:	featured product:
15	**5**	**baby spinach**

some meatballs can be dry or heavy. they meatballs are so packed with flavor, moist from the cheese and flavorful from the spinach. these meatballs are excellent for a week night dinner and special enough for a holiday or dinner party.

ingredients

1 pound lean ground beef
3/4 cup finally chopped **organic girl, baby spinach** 1 large egg, beaten
1/4 cup italian, seasoned breadcrumbs
1/4 cup, grated parmesan cheese
1/4 cup finely shredded mozzarella cheese
2 garlic, cloves, minced
1 jar of tomato sauce, homemade or store-bought evoo
salt to taste

suggested to serve over bucatini pasta or creamy polenta

directions

1. combine first 7 ingredients in a large bowl. Incorporate with clean hands. Do not over mix
2. gently form 1 1/2 inch balls. recipe yields 12–14 meatballs.
3. preheat a heavy bottomed skillet or cast-iron pan with 2 teaspoons of olive oil over medium high heat
4. pan fry meatballs, 2 to 3 minutes per side, or until a golden crust forms
5. drain excess oil from the bottom of pan (do not omit this step or your tomato sauce will be too greasy)
6. add half of your jar of tomato sauce to the pan and a splash of water. Simmer meatballs over low heat for 10 minutes or until meatballs are cooked through.
7. serve over pasta or polenta with remaining sauce and top with meatballs