

I STOLE GIADA'S MEATBALL RECIPE

INGREDIENTS:

1/2 C	Freshly Grated Parmesan	3 T	Avocado Oil
1/2 C	Ricotta	1	24 oz Low Carb Marinara Sauce
1/3 C	Almond Flour	4 C	Arugula
3 T	Heavy Cream, Room Temp	1 C	Shaved Parmesan
1	Large Egg, Room Temp	1 T	Extra Virgin Olive Oil
1.5 #	Meatloaf Mix Ground Meat	1 T	Fresh Lemon Juice
1/2 t	Kosher Salt		

METHOD:

1	Combine parm, ricotta, almond flour, cream and egg in a medium bowl & combine
2	Add the meatloaf mix and gently combine
3	Heat a medium to large skillet with avocado oil on medium high heat
4	Roll heaping tablespoon (+) balls of the meat mixture and place in the skillet Don't overcrowd and work in 2 batches as needed*
5	Brown the meatballs on all sides about 8 minutes
6	Remove the meatballs and drain any excess oil and then add the marinara sauce
7	Add 1/2 C of water to thin the sauce if desired and bring to a simmer
8	Return the meatballs to the pan with sauce and simmer for 15 minutes
9	Dress the arugula with olive oil, lemon, shaved parm and salt & serve

NOTES:

*Use a large spoon to flip the meatballs they will be very moist and tongs will smush them

Makes 22 Meatballs. 5 Meatballs Per Serving Leaving 2 For You To Eat When No One Sees.

SERVINGS:	4
CALORIES:	849
CARBS:	3.75
FAT:	69.5
PROTEIN:	51.25