

Greek Meatballs

2 lbs. ground sirloin (90/10)
½ tsp. ground cumin
½ tsp. ground oregano
¼ tsp. red pepper flakes
½ tsp. garlic powder
¼ tsp. cinnamon
¾ tsp. dry dill (or 1 tsp. chopped fresh dill)
2 tbs. grated or finely chopped red onion
1 tbs. chopped fresh flat-leaf parsley
2 tsp. Kosher salt
½ tsp. freshly ground black pepper
2 large eggs
½ cup plain Panko breadcrumbs
¼ cup crumbled Feta cheese

Preheat oven to 425.

Combine all ingredients in a large bowl, using your hands to mix well. Using a tablespoon scoop, form the meat into 1" meatballs. Place meatballs onto a foil-lined baking sheets coated with cooking spray. Bake at 425 for 18 minutes, until meatballs are cooked through.

Serve with tzatziki sauce or hummus on the side and over a bed of cooked orzo pasta, quinoa and brown rice mixture, egg noodles, rice, or zucchini noodles.

Makes about 30 meatballs.

Garnishes

Feta cheese crumbles
Lemon wedges
Chopped flat-leaf parsley
Chopped mint
Olives
Pita bread
Shredded lettuce
Cherry tomatoes, halved
Bell pepper, chopped



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