

LUNCH OR DINNER — MAIN DISH

Penney’s Little Italy Meatballs

Makes 4 servings · about 5 meatballs each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 28 g · Fiber 1 g · Calories 370	

Ingredients

- 1 pound ground beef
- ½ cup plain bread crumbs
- ⅔ cup milk
- ¼ cup onion, finely diced or grated
- ¼ cup parmesan cheese
- 1 large egg, beaten
- 2 Tbsp Fresco’s Penney’s Little Italy blend

Directions

1. Heat the oven to 400°F and line a baking sheet with parchment or a baking mat.
2. In a large bowl, stir together the bread crumbs, milk, and the Penney’s Little Italy blend. Let it sit at least 5 minutes — the soak is what keeps the meatballs tender.
3. Add the ground beef, onion, egg, and parmesan. Mix with your hands just until everything comes together — overmixing makes tough meatballs.
4. Roll into 2-inch balls on the prepared sheet (wet hands keep the mixture from sticking).
5. Bake 18–20 minutes, until the centers reach 165°F.
6. Serve with your favorite sauce — and plenty of vegetables alongside.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Recipe courtesy of Fresco Spice Blends — featuring the Penney’s Little Italy blend. Nutrition values are NuStart estimates.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 small onion (about ¼ cup grated)

MEAT & POULTRY

- ☐ 1 lb ground beef

DAIRY & EGGS

- ☐ ¾ cup milk
- ☐ ¼ cup parmesan cheese
- ☐ 1 large egg

PANTRY & DRY GOODS

- ☐ ½ cup plain bread crumbs
- ☐ 2 Tbsp Fresco's Penney's Little Italy blend