



cara price

## GREEK MEATBALLS

### INGREDIENTS

- 2 pounds ground lamb {or beef}
- 1 egg
- 1/2 cup green onions, finely chopped
- 3 tablespoons parsley, finely chopped
- 2 tablespoons almond flour
- 1 tablespoon oregano
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 teaspoon smoked paprika
- 1/4 teaspoon ground turmeric

optional garnish: parsley & tzatziki  
sauce

### DIRECTIONS

preheat oven to 425.

mix all ingredients in a large bowl until thoroughly combined. line a cookie sheet with parchment paper. scoop out mixture & shape into balls.

place on cookie sheet & bake 15 minutes, then switch to broil for 2-3 minutes until perfectly browned.

serve immediately with tzatziki sauce recipe from *The Nourished Body and Soul*