

# RECIPE OF THE WEEK: PALEO EDITION

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## Omega Meatballs

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### Ingredients:

1lb lean ground beef  
1T olive oil  
1 medium carrot, grated  
1 small scallion, finely diced  
1 omega 3-enriched egg, beaten  
¼ tsp powdered garlic  
¼ tsp powdered onion

### Instructions:

Mix all ingredients and make into small balls. Place the meatballs in a Pyrex pan greased with olive oil. Bake covered at 350 degrees for thirty to forty-five minutes or until done. Serves two to three.

Compliments of *The Paleo Diet Book*

