

RECIPE OF THE WEEK: PALEO EDITION

Omega Meatballs

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*

