

RECIPE OF THE WEEK: PALEO EDITION

Bacon-Wrapped Meatballs

Ingredients:

2lbs pastured ground buffalo (or any ground meat would work)
2 eggs
2 tsp salt
2 tsp chili powder
1 tsp garlic powder
½ tsp ground black pepper
¾ lbs turkey bacon – about 20 pieces (Oscar Meyer makes a good one)

Instructions:

1. If using wooden skewers, soak them in water for 15-20 mins to prevent splintering
2. With hands, mash together meat, eggs, and spices until thoroughly combined
3. Form into 1-inch diameter meatballs
4. Wrap each meatball in a strip of bacon and skewer to keep together
5. Bake on a baking sheet at 350 degrees for 30 minutes – maybe lay down some cabbage or spinach under the meat to soak up the drippings.

Serves a family of 5

Compliments of paleoparents.com, authors of *Eat Like a Dinosaur*, a cookbook for gluten-free, kid-friendly recipes

