

Oma's Zucchini Meatballs

1 egg

2 Tbsn ground basil

1 tsp each salt and pepper

1 Tbsp Worcestershire

3 lb. ground beef or turkey

1 ¼ cup oatmeal

4 cloves garlic

1 medium onion

1 cup ketchup

Preheat oven to 350 degrees. Finely chop onion and garlic. Coarsely grate zucchini. Add all ingredients and mix thoroughly. Place tin foil on a cookie sheet. Roll into balls, using about 1/8 cup mixture for each. Bake for 25-32 minutes. Cut, test and serve.

** Recommended for the Luteal Phase.*

