



MEDITERRANEAN SHEET PAN MEATBALLS

Advanced Lifestyle

INGREDIENTS

2 medium (6 1/2 oz. each) zucchini
2 (7-oz.) red bell peppers, cut into 1-in. strips (about 3 cups)
2 TBS olive oil
2 TSP za'atar
2 TSP kosher salt, divided
1 pound ground lamb
1 TBS minced garlic (about 3 garlic cloves)
1/2 TSP black pepper
1 1/2 ounces feta cheese, crumbled (about 1/3 cup)
1/2 cup pickled banana pepper slices

INSTRUCTIONS

—Preheat oven to 400°. Cut zucchini into quarters lengthwise; cut quarters into 2-inch pieces (about 4 cups). Toss together zucchini, bell peppers, oil, za'atar, and 1 teaspoon of the salt on a rimmed baking sheet. Spread mixture in an even layer, and bake in preheated oven 10 minutes.

—Meanwhile, stir together ground lamb, garlic, pepper, and remaining 1 teaspoon salt in a medium bowl.

—Remove baking sheet from oven. Using a spoon, scoop lamb mixture (about 2 tablespoons), and drop about 1 1/2 inches apart on and evenly spaced around baking sheet. (The meatballs won't be exactly round, but that's okay.)

—Bake at 400°F until meatballs are cooked through and zucchini and bell pepper strips are tender, about 10 minutes. Increase oven temperature to broil, and broil on middle rack until top of mixture is browned, about 5 minutes. Sprinkle crumbled feta and banana pepper slices over top before serving.

SERVING INFO: (Yields 4 servings)

3 meatballs + 3/4 cup vegetable mixture = 1 p, 1 1/2 V, 1 M, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).