**Design YOUR OWN Meatballs!!!**

**Meatballs:**

125 g ground beef, chicken or Italian Sausage

50 mL bread crumbs or oatmeal or rice

1 chunk onion, finely minced

½ egg

1mL salt

1-5 mL \_\_\_\_\_\_\_\_\_ (spices of choice)

1. Combine all ingredients in a bowl.
2. Shape into balls.
3. Place on a lined cookie sheet and bake at 350 for 15-20 minutes. (no pink)

**Sauce:**

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