

# MOROCCAN MEATBALLS

## INGREDIENTS

- 1 large egg
- 1/3 c. panko
- 1 tsp. ground cumin
- 1/4 tsp. ground allspice
- 1/8 tsp. ground cinnamon
- Kosher salt and pepper
- 2 cloves garlic
- 1 lb. ground beef
- 1 pint cherry tomatoes, halved
- 1 14.5-oz can chickpeas, rinsed
- 1 tbsp. olive oil
- 1/4 c. crumbled feta
- Flat-leaf parsley, for serving
- Couscous, for serving

## DIRECTIONS

### STEP 1

Heat broiler. In a large bowl, beat egg, then add panko, spices, 1/2 tsp salt, and 1/4 tsp pepper. Finely grate in 2 cloves garlic. Mix in beef, then shape into 12 balls.

### STEP 2

Transfer meatballs to a rimmed baking sheet, then broil on a rack in the upper portion of the oven until browned, 2 to 3 minutes. Reduce oven temperature to 425°F. Remove meatballs from oven and carefully pour out any excess fat.

### STEP 3

In a bowl, toss tomatoes and chickpeas with oil and 1/4 tsp each salt and pepper. Add to pan with meatballs and roast until tomatoes have softened, about 10 minutes. Remove from oven, top with feta and parsley, and serve with couscous.

## NUTRITION FACTS

Serving Size: 3 meatballs and a quarter of couscous mix. Per Serving: 395 calories, 21 g fat (7.5 g saturated), 29 g protein, 655 mg sodium, 23 g carbohydrate, 5 g fiber



**Wisconsin Athletic Club**

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