



## Meatball-Parmesan Heros

**Prep: 40 minutes**

**Bake: 30 minutes • Serves: 4**

Nonstick cooking spray  
 $\frac{3}{4}$  pound ground chuck  
2 garlic cloves, minced  
2 large eggs, lightly beaten  
 $\frac{1}{2}$  cup finely shredded Parmesan cheese  
 $\frac{1}{2}$  cup quick oats  
 $1\frac{1}{2}$  tablespoons chopped green onions  
2 teaspoons finely chopped fresh Italian parsley leaves  
 $\frac{3}{4}$  teaspoon crushed oregano  
 $\frac{3}{4}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
 $1\frac{1}{2}$  cups sliced green and/or red bell peppers  
1 cup sliced yellow onion  
1 can or jar (14 to 15 ounces) pizza sauce  
4 (6-inch) hoagie or sub buns  
 $\frac{1}{2}$  cup shredded mozzarella cheese

**1.** Preheat oven to 350°. Spray rimmed baking pan with nonstick cooking spray. In large bowl, gently mix ground chuck, garlic, eggs,  $\frac{1}{4}$  cup Parmesan cheese, oats, green onions, parsley, oregano, salt and pepper. Form meat mixture into 16 meatballs, about 1½ inches each, and place on prepared pan. Bake meatballs 30 minutes or until browned and internal temperature reaches 155°.

**2.** Meanwhile, spray large nonstick skillet with cooking spray. Cook bell peppers and onion over medium-high heat 5 to 6 minutes or until peppers are crisp-tender and lightly browned.

**3.** In medium saucepot, heat pizza sauce over medium-low heat 3 to 5 minutes or until hot. Add cooked meatballs and stir to coat meatballs with sauce.

**4.** Slice buns lengthwise in half but do not cut all the way through buns. Spoon meatballs and sauce into each bun. Sprinkle with mozzarella cheese and remaining  $\frac{1}{4}$  cup Parmesan cheese; evenly divide pepper-onion mixture over cheese.

*Approximate nutritional values per serving:*

594 Calories, 29g Fat (11g Saturated), 188mg Cholesterol, 1465mg Sodium, 54g Carbohydrates, 4g Fiber, 34g Protein

### Chef Tip

Prepare and bake a double batch of meatballs for ready-to-go heros. Cool extra meatballs, place in large zip-top plastic bag and freeze. Thaw meatballs before warming with sauce.