



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 $1\frac{1}{2}$ 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.