

Savory Meatballs with Zucchini Sticks

Recipe By Sina Mizrahi



Cooking and Prep:  1
h 10 m

Serves:  6

Contains:    

Preference: Meat

Difficulty: Medium

Source: Relish by Binah
Magazine

Meatballs are infinitely versatile; they can be filled with lots of vegetables (think chopped carrots and celery) and they can be dressed in different sauces. They can be made with ground chicken, turkey, beef, lamb, or veal (or even a combination). I hope these six meatball variations inspire you in the kitchen to reinvent this dinner staple. My [basic recipe](#) yields 35 1-inch balls.

Ingredients (10)

Main ingredients

- 2 tablespoons oil
- 1 onion, thinly sliced
- 1/2 cup water
- 2 tablespoons [Gefen Soy Sauce](#) or tamari sauce
- 35 1-inch meatballs, uncooked ([recipe](#))
- 2-3 large zucchini, quartered lengthwise

1 tablespoon Gefen Olive Oil

1 teaspoon salt

1/2 teaspoon black pepper

Sommelier Suggests

Barkan Winemaker's Choice Shiraz

Start Cooking

Cook the Meatballs

Mix up a batch of my [Basic Meatballs](#), and then continue cooking here.

1. Preheat oven to 400°F.
2. In a sauté pan, heat oil and sauté onion.
3. To prepare meatballs, mix together water and soy sauce. In a baking dish, spread out sautéed onions and place meatballs on top. Add sauce.
4. Bake uncovered for 15 minutes, turn meatballs, and cook for another 10 minutes.

For the Zucchini

1. Toss zucchini spears in olive oil, salt, and pepper.
2. Place on a baking sheet and bake zucchini alongside meatballs until fully cooked, about 30 minutes.
3. Serve the zucchini spears alongside the meatballs.