

Meatballs with Caramelized Onion Super Dip

- 1 lb lean ground beef
- 1 c cooked quinoa (cook quinoa with a pinch of sea salt, then let it cool)
- 3/4 c grated cheddar cheese
- 1/2 c ricotta
- 1 large zucchini, finely grated
- 2 eggs
- 3 scallions, finely chopped
- 1 c chopped fresh spinach
- 3 garlic cloves, minced
- sea salt and freshly ground black pepper

Preheat oven to 400F. In a large bowl, combine all ingredients. Divide the batter into 3 dozen meatballs.

Cover a baking sheet with parchment. Bake the meatballs for 5 minutes then turn the oven down to 350F and bake for 10 more minutes. Serve with **Caramelized Onion Super Dip**, extra quinoa and a multitude of fresh vegetables cut into spears. Serves 8.

Caramelized Onion Super Dip

- 3 medium-sized yellow onions, thinly sliced
- 2 [shallots](#), thinly sliced
- 3 cloves garlic, minced
- 1 T olive oil
- 1/4 t white pepper
- 1 t sea salt (Start with less and add slowly to taste)
- 1 c yogurt (1.5%)
- 1 c low-fat sour cream (5%)

Heat the olive oil in a medium-sized frying pan over medium-high heat. Cook the onions, stirring from frequently, for about 10 minutes or until they turn golden brown. Add the dry shallots at half time and the garlic at the last minute. Season with salt and pepper. Set aside to cool. Chop well.

Mix the yogurt and sour cream. Add in the onion mixture. Season to taste. Refrigerate for several hours before serving.

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