



#### INGREDIENTS

- ☐ ¼ cup olive oil
- ☐ 1 tbsp garlic
- ☐ ¼ cup onions, diced
- ☐ 1 ½ cups cremini mushrooms, sliced
- ☐ 8 oz ground beef
- ☐ 4 oz ground pork
- ☐ 4 oz ground veal
- ☐ 2 eggs, scrambled
- ☐ 4 tbsp grated Parmesan cheese
- ☐ 2 tbsp grated Pecorino cheese
- ☐ 2 slices whole-grain bread, diced
- ☐ 2 tbsp skim milk (or milk substitute)
- ☐ 1 tsp dried oregano
- ☐ 2 tbsp fresh parsley, chopped
- ☐ ¼ tsp chili powder
- ☐ 2 tsp kosher salt
- ☐ 1 tsp black pepper



**Franklin Becker**  
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

## MEATBALLS

#### METHOD:

1. Sauté onions and garlic in olive oil until translucent.
2. Add chopped mushrooms and salt and cook until almost dry, approximately 15 minutes.
3. Cool down mushroom mixture.
4. Mix the bread with the milk.
5. Mix all remaining ingredients together and place in the refrigerator for 2-4 hours.
6. Roll the meatballs 1 inch in diameter and place them on a baking tray lined with parchment paper. Bake in the oven at 450°F for 20 minutes.
7. Allow to cool.
8. Store refrigerated or frozen in low-sugar tomato sauce.

**Yield:** 7 servings (total of about 21 meatballs, 1.5 oz each).

**Per Serving (3 meatballs):** 260 calories, 20g fat, 22g protein, 3g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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