

WEIGHT WATCHERS MEATBALL

INGREDIENTS:

1 lb extra lean ground beef
1 egg
1 cup water
1 package stove top stuffing mix (any flavour

DIRECTIONS:

Mix all ingredients together

Roll into 20 meat balls

Spray a pan with non-stick cooking spray, add meatballs over med heat until fully cooked

Makes 20 meatballs, 3 points+ for 2 meatballs, 1 smartpoints for 1 meatball

I made these last week but used ground turkey instead of beef. I also baked them in the oven for 20 minutes instead of pan frying them. They came out nice and soft and absolutely delicious. Made a light tomato sauce and served my family whole grain spaghetti with the meatballs while I made myself "zoodles" and meatballs. You should get 20 meatballs (golf ball size) out of this recipe. It's a keeper!

Source : allrecipes.com