



### **WINNING MEATBALL KABOBS**

*Yield: 4 servings*



#### **Ingredients**

1 each(s) green and red bell pepper, stems and seeds removed, cut into 1/4-inch pieces

1 yellow squash, cut lengthwise in half and then into 1/4-inch pieces

1/4 Cup(s) reduced-fat vinaigrette-style Caesar salad dressing, divided

1 Pound(s) 90% lean ground beef

1 Egg, lightly beaten

3/4 Cup(s) Quaker® Oats (quick or old fashioned, uncooked)

1/4 Cup(s) fat-free milk

3 Tablespoon(s) finely chopped onion

1 Tablespoon(s) finely chopped garlic

1 Teaspoon(s) dried thyme leaves

1/2 Teaspoon(s) salt

1/2 Teaspoon(s) pepper

Shredded Parmesan cheese (optional)

#### **Cooking Instructions**

If using bamboo skewers, soak skewers in water.

In medium bowl, toss vegetable pieces with 2 tablespoons dressing; set aside.

In large bowl, combine ground beef, egg, oats, milk, onion, garlic, thyme, salt and pepper; mix lightly but thoroughly.

Shape mixture into 20 meatballs, about 1-1/2 inches in diameter.

Alternately thread meatballs and vegetables onto eight 12-inch bamboo or metal skewers.

Arrange kabobs on broiler pan that has been sprayed with nonstick cooking spray.

Drizzle with any dressing remaining in medium bowl.

Broil 3 to 4 inches from heat, until meatballs are cooked through (160°F), and vegetables are tender, about 10 minutes, turning once and brushing with remaining 2 tablespoons dressing.

Serve kabobs sprinkled with cheese and a squeeze of lemon, if desired.

**Nutrition Info**

340 calories. Total fat 15g. Saturated fat 5g. Trans fat 0.5g. Cholesterol 120mg. Sodium 570mg. Total Carbohydrate 20g. Dietary fiber 3g. Total sugars 7g. Protein 708mg.

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