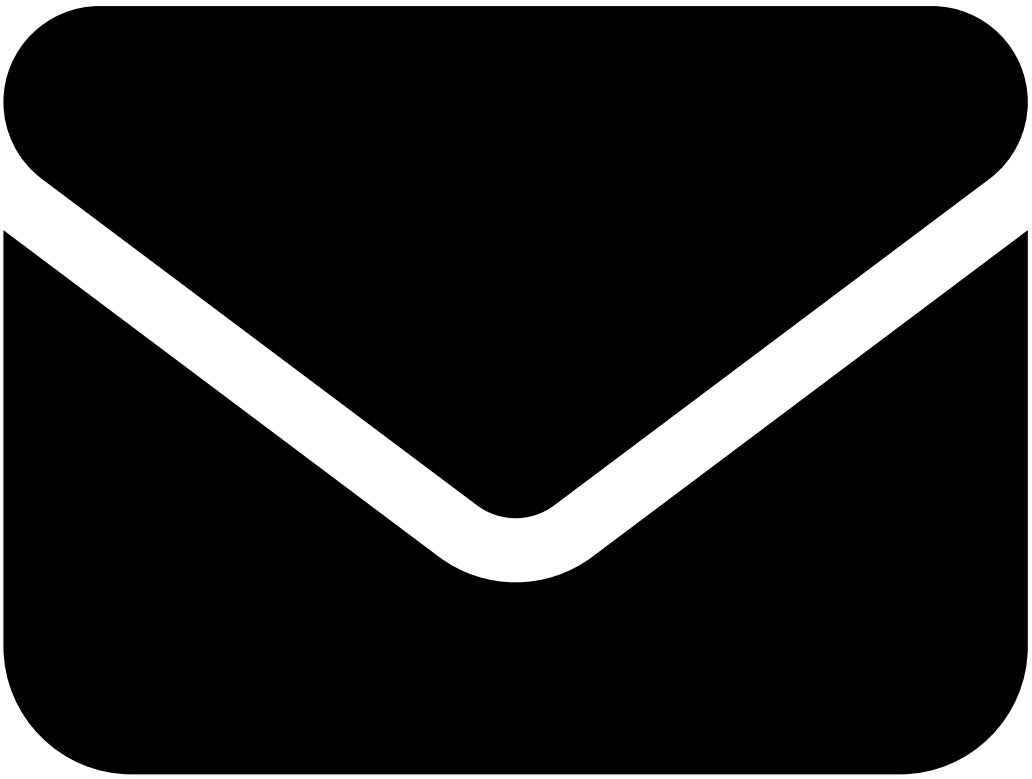
Baked vegetarian zucchini meatballs

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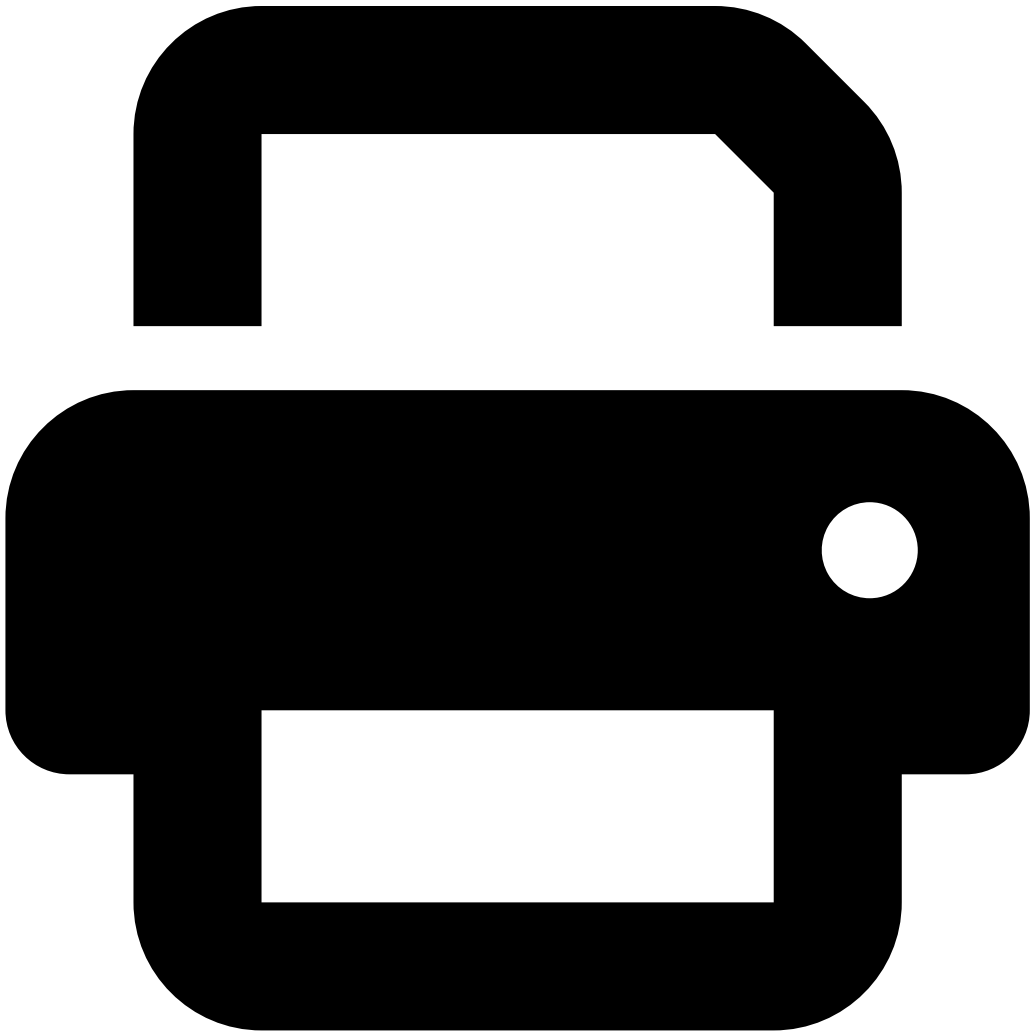
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This easy vegetarian baked zucchini meatball recipe is another perfect way to enjoy the bountiful summer harvest of zucchini.
Also known as polpette di zucchini, these vegetarian meatballs are full of flavor. They are made with fresh summer zucchini and creamy ricotta cheese. these zucchini meatballs are a delicious way to add more vegetables to your diet.

The zucchini adds a light delicious flavor and keeps the “meatballs” moist and tender.

Tips and tricks for this vegetarian baked zucchini meatball recipe

First grate the zucchini I use a hand grater then add salt and let it sit to extract as much liquid as possible. Zucchini has a high water content, this is an important step to insure your

meatballs don’t become soggy.

Use a binder, because zucchini adds moisture, you will need a good binder to keep the meatballs together eggs and breadcrumbs work well. If you want a gluten free option almond flour can be used in place of breadcrumbs.

Bake the meatballs before cooking them in the marinara sauce. this step also helps to extract moisture and adds a crispy crust.

One more tip you can use any marinara sauce you like, but one of the stables I always have on had is my easy marinara sauce whether it’s in my refrigerator or freezer. Having this marinara sauce on hand is a meal prep savor.

Baked Vegetarian Zucchini Meatballs



- 2 medium zucchini
- 1 egg
- 1 cup ricotta cheese
- 1 cup grated parmesan cheese
- 1 cup breadcrumbs
- 1/2 cup flour
- 2 Tsp. finely minced garlic
- 1/2 cup finely chopped onions
- 1 Tbsp. salt
- Salt and pepper to taste
- 1/3 cup chopped Italian parsley

- 3 cups of my easy marinara sauce

1. Start by grating the zucchini into a bowl salt with the one Tbsp. of salt and let sit for at 30 minutes. Then using your hands squeeze out as much of the liquid as possible. Then pat the zucchini dry with paper towels. Toss the extracted water.

2. Add the rest of the ingredients to a bowl. mix well before adding the zucchini.
3. With slightly wet hands roll the mixture into golf size balls. Bake on a lightly oiled cookie sheet in a preheated 375- degree oven for 12 to 15 minutes.
4. Bring the marinara sauce to a slow simmer add the zucchini meatballs and simmer 30 minutes longer. Top with grated parmesan and fresh basil leaves.