

Training Meatballs

From the Kitchen of Karen Blumenthal

- 1 pound hamburger or ground turkey
- 1 Tbls grated parmesan Cheese
- 1 teaspoon dried parsley
- ½ teaspoon dried dill
- 1¾ cups liver breadcrumbs (see below)



Preheat oven to 350 degrees

Combine all ingredients in a large bowl and mix together with your hands. Cover a baking sheet with foil and lightly spray with Pam. Form small, treatsized meatballs by rolling a pinch of the meat mixture between your palms. Place meatballs on the sprayed sheet. Bake for 7 to 10 minutes (until browned and cooked through) and remove onto paper towels to absorb excess grease. Store in refrigerator or freeze.

Training Meatballs continued....

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For liver breadcrumbs: Place 3 pieces of bread and 3 freeze-dried liver treats in a food processor. Mix until liver is completely chopped-up. Can also use liver powder from the Health Food Store in place of freeze-dried liver treats.

