



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Oats are high in soluble fiber that may help reduce blood pressure and lower cholesterol – two components that impact the risk of heart disease. There are also ties between oats and weight management, possibly due to the role its beta-glucan plays in slowing digestion, increasing satiety, and suppressing appetite. Beta-glucan even helps bind and remove cholesterol from the body.

Whole oats contain antioxidants which reduce the damage from chronic inflammation associated with health concerns like cardiovascular disease and diabetes. Go beyond hot oatmeal or overnight oats for breakfast.

Try incorporating more of them into your diet in less traditional ways. Added to ground meat in place of breadcrumbs makes for a moist meatball.

Double the recipe and save half for another meal.
Meatballs freeze well and are great in a variety of recipes!



Don't forget to boost the veggies in your sauce - add finely chopped carrots, peppers, or other favorites!

*If you need to avoid gluten, select oats which are labeled **Gluten Free** to be sure they're safe.*

Simple Gluten Free Meatballs

Ingredients:

- 1 lb. ground turkey breast or lean beef
- 1 small onion, grated
- 1/2 cup quick-cooking oats (labeled Gluten Free)
- 1 large egg
- 1/2 tsp. salt
- 1/4 tsp. pepper

Directions:

1. Preheat the oven to 375° F.
Line a baking sheet with parchment paper or foil.
2. Mix all the ingredients together in a bowl.
3. Once thoroughly mixed, take heaping tablespoons of the meat mixture and roll into balls. Place meatballs on the baking sheet in a single layer, so they are not touching.
4. Bake in the oven for 25 minutes.

