

HEALTH & WELLNESS

PROGRAMS FOR VOLUNTEER DEPARTMENTS

January 2013

RECIPES

Health & Wellness
Series

Italian Veggie Balls

References:

United States Department of
Agriculture: *National Nutrient
Database.*

<http://ndb.nal.usda.gov/>

Ingredient List:

½ Zucchini

**1 (15oz) can of Cannelli
Beans**

**3-4 green onions,
chopped**

2 garlic cloves

1 cup fresh parsley

2 tsp basil

2 tsp oregano

**¾ cup whole wheat
bread crumbs**

**1 cup low sodium
marinara**

Nutrition Information

Serving size = 2 veggie balls with marinara

Servings per recipe: 4

Calories: 116
Total Fat: 1g
Sat. Fat: 0g
Sodium: 19mg
Cholesterol: 0mg
Carbohydrate: 21g
Fiber: 5g
Protein: 10g
Potassium: 430mg

Did you know...?

Potassium is a mineral that can help lower blood pressure! It is an electrolyte that is vital to the movement of our muscles, beating of our heart, and firing of our nervous system! Get enough potassium by eating more fruits and vegetables.