

MEATBALL & VEGGIE PLATTER

Total preparation and cooking time: 30 minutes

20 frozen fully-cooked original-flavor beef meatballs

2 cups broccoli florets

2 tablespoons water

1/2 medium cucumber

1 cup baby carrots

Dipping Sauce:

2/3 cup prepared ranch dressing

1/4 cup grated Parmesan cheese



1. **PLACE** the ranch dressing and Parmesan cheese in a small bowl. **STIR** with a rubber spatula to mix well. **COVER** the bowl with plastic wrap and **PLACE** it in the refrigerator.
2. **PLACE** the broccoli and water in a 1-quart microwave-safe casserole. **COVER** the casserole. **MICROWAVE** on HIGH 2 to 3 minutes or until the broccoli is just starting to get tender.
3. **Adult help needed: Careful! Casserole will be very hot.** Using pot holders, **REMOVE** the casserole from the microwave. Using pot holders, carefully **REMOVE** the casserole cover. Using a slotted spoon, **REMOVE** the broccoli from the casserole and **PLACE** it on a large serving platter.
4. **Adult help needed:** Using a cutting board and a knife, carefully **CUT** the cucumber crosswise into 1/4-inch thick slices.
5. **COVER** a large microwave-safe plate with a paper towel. **PLACE** the meatballs on the paper towel. **MICROWAVE** the meatballs on HIGH 2 to 2-1/2 minutes or until they are thoroughly heated.
6. Meanwhile **ARRANGE** the broccoli, cucumber, carrots and bowl of sauce on the platter, leaving room for the meatballs.
7. **Adult help needed: Careful! Plate will be very hot.** Using pot holders, **REMOVE** the plate of meatballs from the microwave. Using tongs, **PLACE** the meatballs on the platter.
8. **SERVE** with wooden picks for dipping.

Makes 4 servings.

Nutrition information per serving: 501 calories; 14 g protein; 13 g carbohydrate; 45 g fat; 1,048 mg sodium; 40 mg cholesterol; 4.2 mg niacin; 0.3 mg vitamin B₆; 1.2 mcg vitamin B₁₂; 1.3 mg iron; 4.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂ and zinc, and a good source of vitamin B₆.

You Will Need

measuring spoons, set of measuring cups, small bowl, rubber spatula, plastic wrap, 1-quart microwave-safe casserole with cover, pot holders, slotted spoon, large serving platter, cutting board, sharp knife, large microwave-safe plate, paper towel, tongs, wooden picks