

# Aunt Nellie's®



## ITALIAN BEETBALLS OVER ZOODLES

**SERVES:** Makes 4 SERVINGS

**PREP & COOK TIME:** 33 MINUTES

Courtesy of: "You've Got Good Taste" winner,  
Ronna F. of MD

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### INGREDIENTS

- 1 jar (16 ounces) Aunt Nellie's Sweet & Sour Harvard Beets
- 1 cup rolled oats
- 1 can (15 ounces) black beans, drained and rinsed
- 2 teaspoons dried Italian herbs
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 tablespoons olive oil, divided
- 4 medium zucchini squash
- 2 cups marinara sauce

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## INSTRUCTIONS

1. Drain beets; set aside.
2. Add oats to bowl of food processor. Pulse into a coarse flour. Place in a medium size mixing bowl.
3. Add Aunt Nellie's Sweet & Sour Harvard Beets and the black beans to food processor bowl. Pulse until combined. Spoon beet mixture over oats. Add dried herbs, salt, and pepper. Stir until fully combined.
4. Preheat oven to 350 F.
5. Brush a 13x9-inch baking pan with 1 tablespoon of the olive oil.
6. Using wet palms, form 1-inch beetballs and place onto the pan. Brush tops of beetballs with 1 tablespoon olive oil. Place in a preheated oven and bake for 15 minutes.
7. Meanwhile, using a spiralizer, spiralize zucchini, forming zoodles. (See Note below)
8. Place remaining 1 tablespoon olive oil in 10-inch skillet over medium heat. Add zoodles. Cook and stir 2 minutes until softened. Remove from heat.
9. Place marinara sauce in a medium microwaveable bowl; cover. Microwave for 2 minutes or until the sauce is hot.
10. To serve, place equal amounts of cooked zoodles onto the 4 serving plates. Top with the beetballs and warm marinara sauce. Serve immediately.

Note: 4 cups prepared zoodles from the produce section of the supermarket can be used in place of fresh.

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