



## Eat Game? Eat Fish? Want to?

In celebration of the culinary bounty of fish and game found in New York State, this web resource offers recipes and information based on fish and game that is currently or soon to be in season. Check it out at [www.wildharvesttable.com](http://www.wildharvesttable.com)!



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Venison Meatballs

- 1 lb. ground venison
- 2 eggs, stirred
- 6 T. grated parmesan cheese
- ½ cup breadcrumbs or quick oats
- 1 or 2 T. olive oil
- ¼ cup chopped fresh parsley
- 1 T. Italian seasonings (thyme, oregano, basil)
- 1 clove minced garlic
- ¼ cup minced onion (optional)
- ½ tsp. salt
- ½ tsp. black pepper

In a large bowl mix all ingredients. Form into 1½ inch meatballs. Lightly oil a large, heavy skillet or use a non-stick sauté pan and cook the meatballs over medium heat until evenly browned and cooked through, turning frequently. About 15 minutes. If you prefer a different cooking method, the meatballs can be baked in a preheated oven set at 375 degrees for 25-30 minutes or until cooked through. Serve with your favorite sauce, such as marinara or BBQ. Serves 4.

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Nutrition Facts		
Serving Size 3 oz. Servings Per Container 4		
Amount Per Serving		
Calories	290	Calories from Fat 110
% Daily Value*		
Total Fat	12g	18%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	195mg	65%
Sodium	390mg	16%
Total Carbohydrate	9g	3%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	34g	
Vitamin A	10%	Vitamin C 10%
Calcium	15%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

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