



Quick and Easy Turkey Meatballs

Cook Time: 40 minutes

Servings: 4

Ingredients

- 1 lb. 94% Lean Ground Turkey
- 1 Egg
- 2 tbsp. Parsley
- Salt to Taste
- Pepper to Taste
- 1 tbsp. Olive Oil
- 1 Garlic Clove
- 1/2 Onion
- 1/2 Cup Bread Crumbs
- 1/4 Cup Parmesan Cheese

Instructions

1. Preheat oven to 350°F (177°C).
2. Spray baking sheet with cooking spray.
3. Grate 1/2 onion, mince 1 garlic clove, and add to large bowl.
4. Put 1 lb. ground turkey, 1 egg, 2 tbsp. parsley, salt to taste, pepper to taste, 1 tbsp. olive oil, 1/2 cup bread crumbs, and 1/4 cup parmesan cheese in the bowl.
5. Mix with hands until combined.
6. Form into 12 medium-size balls, and put them on the baking sheet. Make sure they aren't touching.
7. Bake for 15 minutes.
8. Flip and bake for another 15 minutes.