



## Turkey Meatballs

It is a good idea to make a lot, and then freeze them for quick, easy dinners.

<u>U.S.</u>		<u>Metric</u>
1/2 small	Yellow Onion, diced small	55 g
2 each	Garlic Cloves, minced	6 g
1 large	Egg, beaten	1 large
1/3 cup	Bread Crumbs, whole wheat	38 g
2 tsp	Tomato Paste	10 g
1/3 cup	Parsley, fresh, chopped	20 g
1/3 cup	Parmesan Cheese	38 g
1/2 tsp	Salt	2.5 g
1/4 tsp	Black Pepper	1.25 g
1/2 tsp	Basil, dried, leaves	0.5 g
1 lb	Turkey, ground	445 g
2 tsp	Olive Oil	10 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat an oven to 350 °F / 180 °C.
3. In a large bowl, mix all of the ingredients except for the olive oil. Make sure that all of the ingredients are evenly distributed throughout the meat.
4. Begin shaping the meat mixture into meatballs, about 1-1/2 inches thick. Once rolled, place the meatballs on a large sheet tray.
5. Place a large skillet over medium-high heat and add the olive oil. Once heated, add the meatballs one at a time and cook until golden brown on each side. Continue to do this until all of the meatballs have been seared to a golden brown. Once seared, place on a sheet pan.
6. Place the sheet pan in the oven for approximately 10-15 minutes or until the meatballs are fully cooked through. Remove the meatballs from the oven and serve!

**\*\*Nutrition Facts on Reverse**

---

**Nutrition Facts**

**Serving size**                    **2 meatballs**  
**Servings**                        **8**

**Calories**                        230  
Calories from Fat                80

Total Fat                        8 g  
Saturated Fat                    3 g  
Trans Fat                        0 g  
Monounsaturated Fat            3 g  
Cholesterol                    116 mg  
Sodium                         180 mg  
Carbohydrates                 6 g  
Dietary Fiber                  1 g  
Sugars                         2 g  
Protein                         32 g

Vitamin A                        82 %  
Calcium                         5 %  
Vitamin C                        23 %  
Iron                             14 %  
Phosphorus                    151 mg

---