



Turkey Mushroom 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>
6 oz.	Mushroom, chopped in blender	170 g
2 tsp	Olive Oil	10 mL
1/2 large	Yellow Onion, diced small	55 g
2 cloves	Garlic, minced	6 g
1 large	Egg, beaten	1 large
1/3 cup	Bread Crumbs, whole wheat	38 g
2 tsp	Tomato Paste	10 g
2 Tbsp	Parsley, dried, leaves	6 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
10 oz.	Turkey, ground	283 g
As needed	Oil Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350 °F / 180 °C.
3. In a food processor or blender, chop mushrooms into small pieces. Set aside.
4. In a sauté pan, heat up olive oil and sauté diced onion for about 3-4 minutes until golden brown. Stir in garlic and chopped mushrooms.
5. Sauté mushrooms for about 5 minutes and let the mixture cool slightly.
6. In a large bowl, mix all of the ingredients. Make sure that all of the ingredients are evenly mixed.
7. Begin shaping the meat mixture into meatballs, about 1-1/2 inches thick. Once rolled, place the meatballs on a large sheet tray.
8. Place a large skillet over medium-high heat and spray with oil to coat the pan. Once the pan is heated, add the meatballs one at a time and cook until golden brown on each side. Continue to do
9. 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**Serving size** **2 meatballs**
Servings **8****Calories** 108
Calories from Fat 35

Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	46 mg
Sodium	154 mg
Carbohydrates	6 g
Dietary Fiber	1 g
Sugars	1 g
Protein	14 g
Vitamin A	1 %
Calcium	1 %
Vitamin C	3 %
Iron	4 %
Phosphorus	118 mg
