



# Italian Style Turkey Meatballs

Serves 4-6 people

Preheat oven to 350\*

Ingredients:

1-lb Ground Turkey

½ cup Italian style bread crumbs

½ cup grated Parmesan cheese

1 tsp garlic powder

2 eggs or 1 large turkey egg

1 teaspoon Italian seasoning mix

½ tsp salt

½ tsp black pepper

Pinch of red pepper flakes

Put all ingredients in large bowl and mix well working with your hands. Once mixed well, form into medium sized balls (slightly larger than a golf ball). Line baking sheet with foil and brush with olive oil. Put meatballs in oven for approx. 15-18mins. Remove meatballs and put in sauce pan with your favorite marinara sauce over medium-low heat until sauce is hot.

These meatballs are great in hoogie rolls and then covered in provolone cheese. Melt cheese in over on low-broil setting or lightly toast in toaster oven.

For spaghetti style meatballs, make pasta of choice according to instructions. Serve with salad and crusty bread to complete the meal. Another quick & nutritious meal to feed the whole family!