



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

# Turkey Meatballs

*Adding parmesan cheese to lean turkey adds rich, umami flavor and results in a tender, juicy meatball perfect for topping your favorite pasta dishes.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>25 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

½ each	Yellow Onion, small dice
2 each	Garlic Cloves, minced
1 each	Egg, large, beaten
1/3 cup	Breadcrumbs, whole wheat
2 tsp	Tomato Paste
1/3 cup	Parsley, fresh, chopped
1/3 cup	Parmesan Cheese, grated
½ tsp	Kosher Salt
To taste	Black Pepper, ground
½ tsp	Basil, dried
1lb	Ground Turkey, 93% lean
1 Tbsp	Olive Oil

## CHEF'S NOTES

This is a great recipe to make ahead of time in a larger batch to freeze and reheat later for a quick dinner.

Because of their lower fat content, lean meats have a tendency to dry out. Searing the meatballs provides a nicely crisped exterior while finishing them in the oven allows them to cook gently, resulting in the perfect juicy meatball.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F and line a sheet tray with parchment paper or foil.
2. Add all the ingredients except the olive oil in a large bowl then, using clean hands or wearing gloves, mix the meatball mixture together until well blended and all elements are evenly distributed.
3. Begin forming the meatballs by using a muffin scoop or rolling the balls with clean hands or with gloves to make meatballs that are about 1.5 oz. Ensure that meatballs are tightly packed. Place meatballs on an unlined sheet tray or large plate.
4. Heat a large sauté pan over medium heat. Once the pan is hot, add the olive oil. Using tongs, add the meatballs one at a time and cook undisturbed, until browned on one side. Flip and continue this process until all of the meatballs are browned. Transfer the seared meatballs to the lined sheet tray.
5. Bake for approximately 10-15 minutes or until the meatballs are fully cooked through and have reached an internal temperature of 165°F. Remove from oven and enjoy!

# Nutrition Facts

8 servings per container

**Serving Size** 2 Meatballs (85 g)

Amount per serving

**Calories** 140

**% Daily Value \***

**Total Fat 7g** 10%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol 70mg** 23%

**Sodium 230mg** 10%

**Total Carbohydrate 5g** 0%

Dietary Fiber less than 1g 3%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

**Protein 13g** 26%

Vitamin D 0.34mcg 0%

Calcium 70mg 5%

Iron 1mg 6%

Potassium 200mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Turkey Meatballs" (12/19/22)



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