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.

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 SERVINGS</td>
<td>25 MIN</td>
<td>45 MIN</td>
</tr>
</tbody>
</table>

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