Baked Italian Turkey Meatballs
Serves 5
This recipe uses ground turkey which is a healthier alternative to ground beef and baking the meatballs cuts back on fat.

Meatballs:
1 pound ground turkey (93% lean)
½ cup plain breadcrumbs or quick rolled oats
¼ cup minced onion
2 tablespoons parmesan cheese
1 egg
1 teaspoon dried basil or 2 tablespoons chopped fresh basil
2 tablespoons milk
1 teaspoon minced garlic or ½ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon pepper

Directions
For the Meatballs:
1. Preheat oven to 400 degrees F.
2. Mix all ingredients in a large bowl. Shape onto balls (about 2 tablespoons each). Place on greased baking sheet. Bake for 15 minutes, until cooked through.

Recipe Note: Serve with whole wheat pasta or spaghetti squash and grated parmesan cheese.

Nutritional Information per serving – about 4 meatballs.
Calories: 216 Carbohydrates: 10g
Total Fat: 10g Cholesterol: 106mg
Saturated Fat: 3g Dietary Fiber: 1g
Protein: 21g Sodium: 312mg