

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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