

TURKEY GARLIC AND MUSHROOM MEATBALLS



SERVING SIZE

5



INGREDIENTS

ITEM

Ground Turkey
Crimini Mushrooms, finely chopped
Head Garlic, minced
Fresh Parsley, finely chopped
Salt and Ground Black Pepper

QUANTITY

1½ Lbs.
6 Oz.
1
1 Handful
To Taste



PREPARATION

- In a large mixing bowl, combine ground turkey, chopped mushrooms, garlic, and parsley. Season with salt and pepper.
- Mix gently until all ingredients are well incorporated — avoid overmixing to keep the meatballs tender.
- Shape the mixture into 1½-inch meatballs and place them on a parchment-lined baking sheet.
- Preheat the oven to 400°F (204°C).
- Bake for 18–22 minutes, or until the meatballs are golden brown and cooked through.
- Garnish with extra parsley and serve warm. Enjoy!