



TURKEY MEATBALLS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Turkey	1 Lb.	Onion Powder	1 Tsp.
Egg	1	Italian Seasoning	1 Tsp.
Grated Parmesan	¼ Cup	Smoked Paprika	½ Tsp.
Greek Yogurt or	2 Tbsp.	Salt	½ Tsp.
Squeezed Grated Zucchini		Black Pepper	½ Tsp.
Garlic Powder	1 Tsp.		

SERVING SIZE

PREPARATION

- 👉 Preheat oven to 400°F and line a baking sheet.
- 👉 In a bowl, gently mix all ingredients until just combined (don't overwork).
- 👉 Roll into 12-16 meatballs.
- 👉 Place evenly spaced on baking sheet.
- 👉 Bake 18-22 minutes until golden and cooked through (165°F internal temp).
- 👉 Rest 5 minutes before serving for the best texture.