



TURKEY ZUCCHINI MEATBALLS WITH CREAMY HERB SAUCE



INGREDIENTS

ITEM

QUANTITY

- Ground Turkey 5 Oz.
- Zucchini, finely grated and squeezed dry ¼ Cup
- Egg 1
- Gluten-free Breadcrumbs 2 Tbsps.
- Fresh Parsley, chopped 1 Tbsp.
- Green Onion Tops, sliced 1 Tbsp.
- Dried Oregano ½ Tsp.
- Salt and Pepper
- Lactose-free Greek Yogurt ¼ Cup
- Lemon Juice 1 Tsp.
- Fresh Parsley, chopped 1 Tbsp.
- Fresh Chives, chopped 1 Tbsp.
- Garlic-infused Olive Oil ½ Tsp.
- Salt and Pepper

SERVING SIZE

1



PREPARATION

- ✔ Preheat oven to 400°F.
- ✔ Line a baking sheet with parchment paper.
- ✔ Place grated zucchini in a clean towel and squeeze out excess moisture.
- ✔ Combine turkey, zucchini, egg, breadcrumbs, parsley, green onion tops, oregano, salt, and pepper.
- ✔ Mix until evenly combined.
- ✔ Form into 5-6 meatballs.
- ✔ Place meatballs on the baking sheet and bake for 18-22 minutes, until cooked through.
- ✔ While meatballs cook, combine yogurt, lemon juice, parsley, chives, garlic-infused olive oil, salt, and pepper.

- ✔ Serve warm meatballs with creamy herb sauce.