

ITALIAN TURKEY MEATBALLS

Blended with sautéed mushrooms, celery and garlic, these tender meatballs have plenty of flavor. Serve them with marinara sauce for a mini-meal or appetizer, on top of spaghetti or on a roll for a tasty meatball sub.

- 8 ounces mushrooms, chopped
- 1 small onion, chopped
- 1 stalk celery, sliced
- 4 cloves garlic
- 1 tablespoon extra-virgin olive oil
- ½ cup fine dry breadcrumbs
- ½ cup finely chopped Italian parsley
- ¼ cup grated Parmesan cheese
- 2 teaspoons Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound lean ground turkey

1. Finely chop mushrooms, onion, celery and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, 6 to 8 minutes. Transfer to a large bowl and let cool for 10 minutes.
2. Preheat oven to 450°F. Line a large rimmed baking sheet with foil and coat with cooking spray.
3. Add breadcrumbs, parsley, cheese, Italian seasoning, salt and pepper to the cooled vegetables; stir until combined. Add turkey and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.
4. Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 15 minutes.

SERVES 6: 5 MEATBALLS EACH

Calories 190, **Fat** 9g (sat 2g), **Cholesterol** 46mg, **Carbs** 10g, **Total sugars** 2g (added 0g), **Protein** 19g, **Fiber** 1g, **Sodium** 375mg, **Potassium** 392mg.

ACTIVE: 25 MINUTES

TOTAL: 50 MINUTES

TO MAKE AHEAD: Freeze baked, cooled meatballs in a single layer on a baking sheet, then transfer to an airtight container. Freeze for up to 3 months. Reheat from frozen in a 350°F oven for about 25 minutes.

 HIGH PROTEIN

 FREEZABLE

HAVING A SMALL-APPETITE DAY? A one- or two-meatball snack is an easy, yummy protein boost.
