



Turkey Meatballs



Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

Ingredients

- 3 Tablespoon Olive Oil
- 1 pound ground turkey breast
- 1 egg
- 1/3 cup plain breadcrumbs
- 1/3 cup grated or shredded parmesan cheese
- 1/2 tsp basil
- 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/8 teaspoon pepper
- 1/8 teaspoon salt
- 1 24oz jar of Marinara Sauce

Directions

1. Heat olive oil a sauté pan over medium heat.
2. In a large bowl combine ground turkey, cheese, bread crumbs, eggs, basil, oregano, garlic powder, pepper, and salt.
3. Mix ingredients together to combine.
4. Take 2 ounces of turkey (1/4 cup) and form into balls.
5. Place turkey meatballs in the sauté pan.
6. Brown meatballs on all sides.
7. Add prepared Marinara sauce to pan coating turkey meatballs well.
8. Simmer for about 15-20 minutes or until turkey meatball are cooking through.