

## Turkey Meatballs

Recipe by Sara Baker

I love meatballs. I am not even sure why but I find them incredibly satisfying. I also love variety. Therefore when dieting for a competition or sticking to a meal plan the commonly found ground turkey and vegetables for dinner every Monday, Wednesday, Friday can get pretty mundane. I made this recipe up to just change up the form of the meat. Yes, I understand I am still just consuming ground turkey but for some reason, much better when rolled into a little ball. ☺ Since I am not using any bread crumbs to hold the meatballs together, I stick them in the freezer for a bit to help them stick together.

Ingredients:

- 1 lb 98% lean ground turkey
- 1 garlic clove chopped
- ½ cup onion
- 1 egg white
- Black pepper and few dashes of sea salt
- ½ tsp red pepper flakes (less if you do not like it spicy)
- 1-2 tbs fresh parsley or 1 ½ tsp dried parsley

Mix all ingredients in a bowl.

Shape into 16 meatballs and place in freezer for 10-15 min.

Cook in shallow pan sprayed with cooking spray on stovetop on medium heat, turning frequently until no longer pink inside.