



# Awesome Turkey Meatballs

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Recipe Source: <http://thrivinghomeblog.com>

## Ingredients:

- 1 medium carrot, finely shredded or minced in a food processor
- ½ small onion, finely chopped or minced in a food processor
- 2 cloves of garlic, minced by hand or in a food processor
- 1/3 cup fresh loosely packed parsley, finely chopped or minced in a food processor
- ½ cup grated Parmesan cheese
- 1 egg
- 1 cup bread crumbs
- 3 TBSP ketchup
- 1 tsp salt
- ½ tsp pepper
- 1 pound lean ground turkey

## Steps:

- Preheat oven to 400 degrees. Cover a sheet pan that has sides or a 9x13 casserole dish with parchment paper or foil for easy clean-up.
- In a large bowl, combine the carrot, onion, garlic, parsley, Parmesan, egg, breadcrumbs, ketchup, salt and pepper.
- Mix in the ground turkey. Combine all ingredients well.
- Roll meat mixture into meatballs, using about 2 TBSP of mixture per meatball. They will be about 1 ½ inches in diameter. Place on the sheet pan, leaving a little room in between each one.
- Bake 18-20 minutes or until cooked through. Internal temp should be 165 degrees.

*Tips from the Test Kitchen: A small food processor makes recipes like this super easy and facilitates the addition of vegetables to recipes. Instead of using a TBSP to roll the meatballs, a cookie scoop works well.*

**Nutritional Facts:** per serving Calories: 344, Carbohydrates: 28 grams, Protein: 31 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 120 mg, Sodium: 1187 mg, Fiber: 2 grams, Total Sugars: 6 grams.