

savory turkey meatballs



Total Time: **55 minutes**

Prep Time: **15 minutes**

Cook Time: **20 minutes**

Chill Time: **20 minutes**

ingredients (Servings: 4 (6 meatballs per serving). Makes 24 dinner-size (1 1/2 inches in diameter) or 48 party-size meatballs)

1 pound lean ground turkey

3 cloves garlic, minced

1/3 cup yellow onion, peeled and grated

1/4 cup fresh parsley, finely chopped (if using dried parsley, reduce to 2 Tablespoons)

1 teaspoon dried oregano

1/2 teaspoon each salt and ground black pepper

1

1 egg, lightly beaten

1/2 cup old-fashioned rolled oats (not instant or 5-minute oats)

Nonstick cooking spray or canola oil

Optional

1 1/2 teaspoons yellow mustard

savory turkey meatballs

directions

step 1: In a large bowl mix together all ingredients (including the mustard if you're using it) except the cooking spray or canola oil.

step 2: For each meatball, shape 1 generous Tablespoonful of the mixture and place on baking sheet.

step 3: Cover with Saran™ Premium Wrap and chill in refrigerator for 20 minutes.

step 4: Heat a large (10-inch) nonstick skillet over medium-high heat and spray with nonstick cooking spray or rub with a

few drops of canola oil on a paper towel.

step 5: Add the chilled meatballs to the skillet and cook in two batches. Turn carefully and frequently with a wooden or heat-resistant rubber spatula to maintain round shape until browned and cooked through, about 8–10 minutes.

step 6: Store in Ziploc® Brand Twist 'n Loc® Containers and freeze for up to one month. Reheat in Ziploc® brand container in microwave (remove container lid before reheating) or in a skillet over low heat in tomato sauce or low-fat, low-sodium chicken broth. Or bake on a foil-covered

3

baking sheet in a 250 degree F preheated oven for 20 minutes.