

# Ground Turkey Parmesan

## Ingredients

- 1 lb ground turkey
- 1 large egg
- ½ cup panko bread crumbs
- ½ cup ricotta cheese
- 1 tablespoon Italian seasoning
- ½ cup shredded mozzarella or Italian blend cheese
- Spaghetti sauce (for topping)
- Additional shredded cheese (optional)

## Instructions

- 1 Preheat oven to 350°F (175°C). Line a baking sheet with foil or parchment paper.
- 2 In a large bowl, gently mix ground turkey, egg, panko, ricotta, Italian seasoning, and shredded cheese until just combined.
- 3 Form mixture into patties and place on prepared baking sheet.
- 4 Bake for 30 minutes, or until internal temperature reaches 165°F.
- 5 Remove from oven, spoon spaghetti sauce over each patty, and sprinkle with additional cheese if desired.
- 6 Return to oven for 5–10 minutes, until cheese is melted and bubbly.
- 7 Serve warm.

## Serving Suggestions

Serve with pasta, zucchini noodles, or a fresh green salad for a lighter meal.