



Greek Tzatziki Meatballs

Servings: 5

(20 meatballs total)

Serving size = 4 meatballs

Equipment:

Knife, cutting board, oven, baking pan, large mixing bowl, measuring cups and spoons

Ingredients:

- 1 pound 93% lean ground turkey
- 1/2 medium red bell pepper, finely chopped
- 1/2 medium red onion, finely chopped
- 1/3 cup fresh dill, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 cup plain bread crumbs
- 1 tsp garlic powder
- 1 tbsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp lemon pepper
- 1/4 tsp salt
- 1 large egg

Preparation:

1. Preheat your oven to 375 degrees F.
2. In a large mixing bowl, combine all ingredients well.
3. Form 20 meatballs and place on a baking sheet or in a baking dish sprayed with cooking spray or olive oil.
4. Bake at 375 degrees F for 18-20 minutes, turning/rotating the meatballs halfway through the cooking process so that the surface is overall browned.
5. Serve with rice, potatoes, or as a filling for a pita. Enjoy!

Nutrition Facts per serving:

Calories 224.1

Total Fat 11.7g (15%)
Saturated Fat 3.1g (15%)
Trans Fat 0.1g
Cholesterol 131.6mg (44%)
Sodium 226.3mg (10%)
Total Carbohydrate 3.6g (1%)
Dietary Fiber 1.1g (4%)
Total Sugars 1.2g
Added Sugars 0g
Protein 26.5g
Vitamin D 0.4mcg (2%)
Calcium 62.1mg (5%)
Iron 2.6mg (15%)
Potassium 387mg (8%)

