

Italian-Style Air Fryer Low-Fat Meatballs

Makes: 20 meatballs (4–5 servings)

These are tender, herby, garlicky, and perfect with marinara, zucchini noodles, or tucked into a whole-wheat roll.

Ingredients

Italian Meatballs

- 1 lb. (450 g) 93% lean ground turkey or lean beef
 - ½ cup Italian-style whole wheat breadcrumbs
 - ⅓ cup low-fat milk (or unsweetened almond milk)
 - 1 small onion, very finely grated (with juices)
 - 1 egg white
 - 3 cloves garlic, minced
 - ¼ cup finely grated Parmesan cheese (adds flavor with minimal fat)
 - 2 tbsp fresh parsley, chopped
 - 1 tbsp fresh basil, chopped (or 1 tsp dried)
 - 1 tsp dried oregano
 - ½ tsp dried thyme
 - ½ tsp salt
 - ½ tsp black pepper
 - Pinch red pepper flakes (optional)
-

Instructions

Make the Meatball Mixture

1. In a bowl, combine:
 - Breadcrumbs
 - Milk

Let soak **2–3 minutes** until softened (this keeps meatballs juicy without extra fat).

2. Add to the bowl:
 - Grated onion
 - Egg white
 - Garlic
 - Parmesan
 - Parsley & basil
 - Oregano & thyme
 - Salt, pepper, and red pepper flakes

Stir gently to combine.

3. Add ground meat and mix **just until combined**.
⚠ Don't overmix — that makes meatballs tough.
 4. Roll into **20 evenly sized meatballs**.
-

Air Fry

1. Preheat air fryer to **375°F (190°C)**
2. Lightly spray basket with olive oil spray
3. Place meatballs in a **single layer** (work in batches if needed)

Cook 9–11 minutes, shaking once halfway through, until:

- Lightly browned outside
- Internal temp reaches **165°F (74°C)**