

# Turkey Meatballs

( EGGLESS, DAIRY - FREE, GLUTEN - FREE )

These eggless turkey meatballs are juicy, full of flavor, and are so easy to make. Perfect for weeknight dinners and meal prep, as the freeze and reheat well.

## EQUIPMENT

- 1 Box grater or food processor
- 1 large bowl
- 1 large baking pan
- 1 sheet parchment paper

## INGREDIENTS

- 1 lb 93% ground turkey
- 1 carrot
- ½ small zucchini
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon oregano
- ½ teaspoon dried parsley
- ¼ tablespoon dried thyme
- 1 tablespoon olive oil



## INSTRUCTIONS

1. Preheat oven to 400° F. Line the baking dish with some parchment paper and grease it with some olive oil.
2. Use the fine side of the grater to shred the carrot and the larger one to grate the zucchini. Use your hands to squeeze any extra liquid from the zucchini.
3. In a large mixing bowl, add meat, shredded carrot and zucchini, salt and spices. Use your hands or a large wooden spoon to mix everything well until all ingredients are combined.

4. Form small meatballs and arrange them on a prepared pan. Bake for 20-25 minutes, flipping them halfway through until the internal temperature reaches 165° F.

## **NOTES**

- You can shred the veggies in a food processor.
- Use a cookie scoop for evenly sized meatballs.
- Use the thermometer to make sure the meat is cooked through and to prevent from overcooking.
- Deep your hands in cold water to form the meatballs if the meat is sticky.
- The nutritious facts are for informational purposes only.