

WELLNESS CONNECTION

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NOURISHING YOU - Cheesy Turkey Meatball

Skillet

Recipe by Leana Coffey

Gluten-free, Kid-friendly | Serves 4

Prep time: 15 min. | Cook time: 30 min. |

Total time: 45 min.

I'll be honest, Italian dishes are not really my thing. That's why you haven't seen anything with pasta in these recipes yet. But for some reason, this recipe just spoke to me. Must have been the cheese. :)

This is a very easy dish to make and will be on your dinner table in no time. Ground turkey is a simple, healthy swap, and it is very tasty! Serve this with a side salad and a piece of whole wheat bread and you are good to go. You could also add some whole wheat pasta noodles, spaghetti squash, or zoodles (zucchini noodles) if you want to make it more like spaghetti and meatballs. Enjoy!



Photo Credit: [skinnytaste.com](https://www.skinnytaste.com)

Ingredients

Meatballs:

- 2 tablespoons skim milk, or water
- 1/3 cup seasoned breadcrumbs

- 1/3 cup grated Pecorino Romano cheese
- 2 small cloves crushed garlic, or 1 large
- 1 large egg
- 1 tablespoon tomato paste
- 1/4 cup chopped parsley, plus more for garnish
- 1/4 teaspoon kosher salt
- 1½ pounds 93 percent lean ground turkey
- cooking spray

Sauce:

- 2 cloves garlic, smashed with the side of a knife
- 28-ounce can crushed tomatoes
- kosher salt and black pepper, to taste
- 1½ cups shredded part-skim mozzarella cheese
- parsley or basil for garnish

Instructions

1. In a large bowl combine the milk, breadcrumbs, Romano cheese, garlic, egg, tomato paste, parsley and salt. Mix well to combine.
2. Add the turkey and mix using a fork to fully combine together. Be careful not to overwork the meat mixture. Form into 18 meatballs.
3. Heat a large nonstick skillet over medium heat. When hot, spray with oil and brown the meatballs about 5 to 6 minutes on each side. Set aside.
4. Reduce heat to medium-low. Add the oil and garlic and cook until golden, about 1 to 2 minutes.
5. Add the tomatoes, salt and pepper to taste and return the meatballs to the skillet. Partially cover and simmer medium-low until cooked through, about 5 minutes.
6. Top with mozzarella cheese. Cover and cook until melted, about 2 minutes. If your skillet doesn't have a lid, put the mixture in a casserole dish and broil for 2 to 3 minutes, until melted.

Nutrition Information: (serving size: 3 meatballs and sauce) Calories 356 | Carbs 16g | Fat 18g | Protein 31.5g