

Turkey Meatballs

Everyone loves turkey, and here it's used twice: ground and sausage, to make tender and tasty meatballs. Pair it with the recipes for [Tomato Sauce](#) and [Spaghetti Squash](#).

Recipe courtesy of Laura Cohen

Makes 32 meatballs, Serves 8 (4 meatballs per person)

Total Price: \$9.52, Price per serving: \$1.19

Prep Time: 25 minutes | Cook Time: 35 minutes

- 1.25 lb ground turkey (90% lean/10% fat) - 3.79
- 3 links Italian style turkey sausage, casings removed - 3.6
- ½ cup plain bread crumbs - .22
- 1 small onion - 0.33
- 4-5 white mushrooms - 1.12
- 1 egg - .15
- 1 clove garlic, chopped or 2 tsp minced garlic - 0.05
- 1 tbsp olive oil - 0.1
- 1 tbsp grated parmesan cheese - 0.10
- 2 tbsp chopped fresh basil or 1 tbsp dried basil - 0.02
- ½ tsp salt - 0.02
- ½ tsp red pepper flake - 0.02



Tomato sauce: May use 2 jars of prepared sauce (low sodium if available) or recipe ([LINK!](#))

Serve with spaghetti squash ([LINK!](#)) or whole wheat spaghetti

Chop onion and mushroom finely, or use a blender or food processor to puree into small bits. Beat egg in small bowl. Place onion and mushroom into a large bowl with beaten egg, ground turkey, turkey sausage, bread crumbs, garlic, olive oil, parmesan cheese, basil, salt, and red pepper flake.

Mix gently with clean hands until combined, being careful not to over-mix.

Preheat oven to 400F. Line two baking sheets with foil. Roll meat mixture into 1 to 1 ½ inch balls and place meatballs onto baking sheets, leaving about 1 inch of space between them. Bake meatballs for 20 minutes. Then, increase the oven temperature to 425F and bake for an additional 5 minutes to make them slightly golden brown on top.

Prepare tomato sauce if making homemade (recipe below), or heat 2 jars of prepared tomato sauce in a large pot or Dutch oven on medium low heat. Once meatballs are fully baked, place into sauce and cook an additional 10 minutes on low heat for flavors to meld.

| Nutrition Facts | |
|------------------------------|-----------------------|
| Serving Size 116 g | |
| Amount Per Serving | |
| Calories 234 | Calories from Fat 113 |
| % Daily Value* | |
| Total Fat 13g | 19% |
| Saturated Fat 2g | 12% |
| Trans Fat 0g | |
| Cholesterol 97mg | 32% |
| Sodium 581mg | 24% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 21g | |
| Vitamin A 2% | Vitamin C 19% |
| Calcium 5% | Iron 27% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com