

THANKSGIVING MEATBALLS



INGREDIENTS:

- 1 lb. 97/3 ground turkey
- 1 large egg
- 1/2 onion, finely chopped
- 1/2 cup whole walnuts
- 1 1/2 Tbsp fresh sage
- 1 1/2 Tbsp fresh thyme
- 1 1/2 Tbsp fresh rosemary
- 1 tsp salt
- 1/4 tsp black pepper

DIRECTIONS:

1. Preheat oven to 400° F.
2. Line a pan with foil and spray with cooking spray
3. Finely chop onion, fresh sage, and fresh rosemary
4. Remove Thyme leaves from stems
5. Coarsely chop Walnuts
6. In a large bowl whisk egg and add fresh herbs, salt, pepper, onion, and walnuts.
7. Add ground turkey and combine well
8. Scoop meat and form 1" meatballs (around 2oz)
9. Place meatballs on Pan and Bake uncovered for 20 minutes
10. Broil for 1-2 minutes to brown tops
Enjoy!

Optional: Serve with a serving of cranberry sauce for EXTRA Thanksgiving vibes!

Make meatballs smaller to serve as a party platter

Makes 12 Meatballs

1 Meatball = Calories: 108 | Protein: 14gm | Carbs: 2 gm | Fat: 5 gm