

Turkey Zucchini Meatballs (GF)

Cooking Time: 20 mins

Serving Size: 4 oz

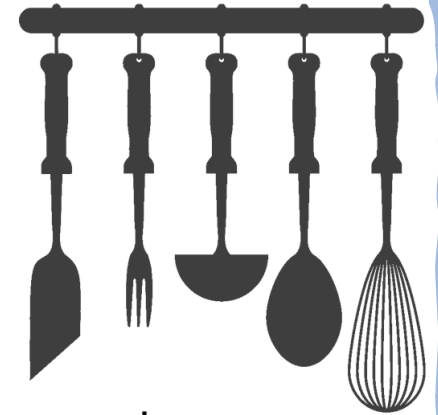
Serves: 4

Calories: 218

Fat: 10g

Carbohydrate: 5g

Protein: 24g



Ingredients:

- 1 lb ground turkey (93/7)
- 1 egg
- 1 cup zucchini, shredded
- 1/3 whole wheat bread crumbs or panko crumbs (to make GF use GF bread crumbs)
- 1/3 cup mozzarella cheese
- 1 TBS Italian seasoning or 1 tsp each of basil, oregano, thyme, & marjoram

Directions:

Preheat oven to 350°. Shred or grate zucchini and squeeze out any excess moisture with a paper towel or cheesecloth.

In a large mixing bowl add all the ingredients and mix with hands until well combined. Form into desired sized meatballs (try and make them all the same size!) Serve in tomato sauce.

Cooking Options:

- Place on a baking sheet about 2 inches apart from each other. Bake for about 15-20 minutes depending on the size of each meatball.
- Brown each meatball in a large skillet for about 1 minute per side, and transfer to a crockpot with tomato sauce. Cook on low for 4-6 hours.

