**Healthy Turkey Meatballs**

This recipe was born one day when my almost 4 year old son asked for spaghetti and meatballs. He’s never had spaghetti and meatballs. So I’m sure he either saw it on a TV show (he’s never seen Lady and the Tramp, so not that one), or someone at school brought it in for lunch. One of life’s many mysteries.

So of course I took this as an opportunity to create a healthy version of his request. Since I’d already tried to pass off eggplant meatballs to him without success, I figured I would cave in and use turkey. I’ll keep working on a vegetarian version though.

I used a combination of oats and breadcrumbs to increase fiber and protein, but feel free to use whichever combination you have on hand. It would work just as well with all bread crumbs or all oats. Be sure to use certified gluten free oats if gluten free. And I used nutritional yeast to add a cheese-like flavor while keeping it dairy free.

And I love the idea of baking meatballs: no splatters of oil on the stove top, no oil needed to cook them so they are lower in fat, and you can do other things (wash dishes, prep a salad, set the table) while they are in the oven since you don’t have to keep turning them. Win, Win, Win!

These would be great over spaghetti, in a sub, over a salad, thrown into a soup, or as-is on their own.

Bon Appetit!

GF, DF, SF, NF

Makes: 24 meatballs

Serving size: 4 meatballs, 6 servings

Ingredients:

1 pound ground turkey or chicken breast

1 egg, whisked

1 teaspoon Worcester sauce

1 teaspoon hot sauce of choice (I like Veracha)

¼ cup oats (GF if necessary) (1/2 cup oats if omitting breadcrumbs)

¼ cup seasoned breadcrumbs

<1/4 cup nutritional yeast

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon dried parsley, or 4 Tablespoons fresh parsley, minced

Pepper to taste

375 degrees for 19-20 minutes