

Oven Baked Italian Turkey Zucchini Meatballs

These meatballs are simple enough for a weeknight meal or can be made ahead and even frozen for later. Using ground turkey makes them a leaner option and adding zucchini boosts their nutritional value. They're delicious tossed with marinara and served over pasta or spaghetti squash.

Prep time: 10 minutes **Cook time:** 18-20 minutes **Total time:** 30 minutes

Serves 4

Ingredients

- 1 pound 93/7 lean ground turkey (or 90% lean ground beef)
- 1 cup shredded zucchini, loosely packed
- 1 egg
- ¼ cup breadcrumbs
- Optional: ¼ cup grated parmesan cheese
- 1 teaspoon dried Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Instructions

1. Preheat oven to 400 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper.
2. Place shredded zucchini between two layers of paper towel and press down with hands to squeeze excess moisture from the zucchini.
3. In a large mixing bowl, combine all ingredients together with a spoon or clean hands
4. Form into 16 golf ball-sized meatballs and place on the baking sheet.
5. Bake for 20 minutes or until meatballs are cooked through (165 degrees).

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