

Seasoned Turkey Meatballs



Calories: 218
Total Fat: 13.5 g

6 servings | Serving size: 2 meatballs

INGREDIENTS

- 1 pound ground turkey
- 1 egg
- 1 cup panko bread crumbs
- 1 chopped onion
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- ½ teaspoon oregano
- ½ teaspoon basil
- ¼ cup parsley
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS

1. In a mixing bowl, combine ground turkey, egg, bread crumbs, onion, garlic powder, oregano, basil, parsley, salt, and pepper.
2. Mix everything in the bowl thoroughly with either a spoon or your hands.
3. Use your hands or an ice cream scoop to form each meatball.
4. Heat olive oil in a sauté pan on medium-high heat.
5. Place each meatball in the pan and cook through for 10 minutes until they're browned.
6. Enjoy with your favorite sauce or by themselves.

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