



THE BEST MEALS HAPPEN AT HOME  
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## Easy Turkey Meatballs

Prep Time: 25 Minutes | Total Time: 50 Minutes | Servings: 5

### INGREDIENTS

- 1 pound lean ground turkey
- 1/2 cup Progresso™ Italian-style bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons parsley flakes
- 1 egg, beaten

### DIRECTIONS

1. Heat oven to 375°F. Spray large cookie sheet with cooking spray.
2. In large bowl, mix 1 pound of lean ground turkey, 1/2 cup Progresso™ Italian bread crumbs and 1/2 cup grated Parmesan cheese. Season with 1 teaspoon onion powder, 1 teaspoon garlic powder and 2 teaspoons parsley flakes. Add 1 beaten egg; mix until just combined.
3. Shape mixture into 15 balls of 3 tablespoonfuls each. Place on cookie sheet.
4. Bake 20 to 25 minutes or until thermometer inserted in center of meatballs reads at least 165°F. Cool 5 minutes. Serve with pasta and marinara sauce, or use in your favorite meatball dinner.

### NUTRITIONAL INFORMATION PER SERVING:

Calories - 240, Calories from Fat - 110, Total Fat - 12g, Saturated Fat - 4g, Trans Fat - 0g, Cholesterol - 115mg, Sodium - 400mg, Total Carbohydrate - 9g, Protein - 25g

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