

Baked Turkey Meatballs

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Makes: 24 (2" meatballs)

Ingredients:

2 lbs ground turkey
1 clove garlic, minced
1/2 cup red onion, chopped
1/4 cup red pepper, chopped
1 Tbsp fresh cilantro, chopped
1 egg
3 Tbsp ground flaxseed (hemp or chia work well, too)
salt and pepper, to taste

Preparation:

Preheat oven to 375F.

Place all meatball ingredients into a medium bowl and mix lightly with a wooden spoon to combine.

Line a baking sheet with parchment paper.

Use hands to form into 2" balls and evenly space on parchment.

Place tray in preheated oven and bake 25 minutes or until cooked through.