

# Turkey Meatballs

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## Ingredients

- 1 pound of lean ground turkey
- ½ cup of parmesan cheese
- ½ cup ricotta cheese
- ½-1 cup Italian breadcrumbs
- 1 egg
- ½ teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon parsley
- 1 Tablespoon garlic powder

## Utensils

- Baking sheet
- Parchment or cooking spray
- Mixing bowl
- Spoon



# Recipe Instructions

### Step 1: Preheat the Oven

Check to make sure nothing is in oven

Preheat the oven to 350degrees

### Step 2: Prep Tray

Place parchment paper on baking sheet or spray with cooking spray

If you have the **Prepped to Prepare Kit**, skip to step 4

### Step 3: Mix

Mix all of the ingredients together in one large bowl. Wash your hands. If available, put on gloves. Use your hands to mix thoroughly.

### Step 4: Form

Roll meatballs in your hands, about the size of a golf ball. Use spoon to portion if needed.

### Step 5: Bake Meatballs

Using an oven mitt, place in oven and cook for 25 minutes, until bottoms are brown, remove using oven mitt. Turn off the oven

### Step 6: Serve

Eat as is or add to sauce, pasta with cheese and sauce on a sub roll or cut and add to eggs for breakfast! ENJOY!



Scan this QR code with your phone for an instructional video on how to make this recipe.

**Kitchen Safety Tips:** Always make sure nothing is in the oven before turning on. Remember to use an oven mitt and turn off when done. Let others know there is a hot surface!

Key: tsp- teaspoon TBSP- tablespoon