

Turkey Meatball Recipe

by Chef Jenn Monaco of Brock & Company

Prep 15 minutes—Cook 15 minutes—Yield: 20 meatballs

Easy to make, tender, and absolutely delicious! Serve with spaghetti, buns, or over zucchini noodles.

INGREDIENTS

- 1/3 cup grated Parmesan cheese, plus additional for serving
- 1/3 cup Italian-seasoned breadcrumbs, whole wheat if possible
- 3 tablespoons finely chopped fresh herbs—basil, parsley, or chives combo, plus additional for serving
- 1 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes, optional
- 1 pound 93% lean ground turkey—keep in your refrigerator until the last possible second
- 1 large egg
- 1/4 cup balsamic vinegar
- 1 1/2 tablespoons extra-virgin olive oil — plus more as needed



RECIPE PREPARATION

- Preheat your oven to 375°F. Line a rimmed baking sheet with aluminum foil and coat with nonstick spray.
- In a large mixing bowl, add the cheese, bread crumbs, herbs, salt, garlic powder, onion powder, oregano, pepper, and red pepper flakes and stir well to combine. Add the turkey.
- In a small bowl, beat the egg, then add it with balsamic to the meat mixture. With a fork or your fingers, mix just until combined, being careful not to compact the meat.
- With a scoop or spoon, scoop the meat and shape into 1 1/2-inch meatballs. Arrange on the prepared baking sheet. You will have about 20 meatballs in total. Brush the tops of the meatballs with olive oil.
- Bake for 15 minutes, or until the meatballs reach an internal temperature of 165° F on an instant-read thermometer. As an alternate way to check, a meatball in the center of the baking sheet should be fully cooked through when cut in half.
- While the meatballs cook, warm the sauce and any other items you'd like to serve them with (pasta, hoagie buns, rice, etc.). Serve the meatballs hot, topped with the sauce, cheese, herbs, and any other additions.

STORAGE PREPARATION

- Store leftovers in the refrigerator for up to 4 days (either with or separately from the sauce). Rewarm gently with the sauce on the stove. Sometimes I will reheat ours in Chicken or Vegetable Stock.
- Cooked meatballs can be frozen baked or unbaked for up to 3 months.

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