

# Baked Turkey Meatballs



## Kitchen Tools:



Baking sheet



Mixing bowl



Grater



Fork

## Ingredients:



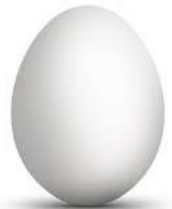
2 1/2 lbs. ground turkey



1 small onion



1 tsp. minced garlic



2 egg



2 tsp Worcestershire sauce



2/3 c. grated parmesan cheese



2/3 c. unseasoned breadcrumbs



2 tsp. Italian seasoning



1 tsp. salt












1/2 tsp black pepper


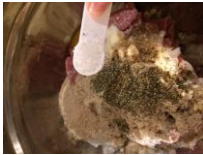
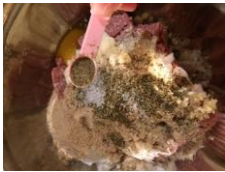






1/2 tsp. Red pepper flakes (optional)

# Baked Turkey Meatballs

Steps	Direction	Photo
1	Preheat oven to 400 degrees.	
2	Line baking sheet with foil and spray with cooking spray	
3	Put ground turkey into a bowl	
4	Grate onion and add to the bowl	
5	Add garlic to the bowl	
6	Add egg to the bowl	
7	Add Worcestershire sauce to the bowl	
8	Add parmesan to the bowl	
9	Add breadcrumbs to the bowl	

# Baked Turkey Meatballs

Steps	Direction	Photo
10	Add Italian seasoning to the bowl	
11	Add salt to the bowl	
12	Add pepper to the bowl	
13	Add red pepper flakes to the bowl (optional)	
14	Mix ingredients with a fork	
15	Shape into 1 inch round meatballs onto the baking sheet	
16	Bake for 20 minutes, until done	
17	Add to pasta and marinara, or stuff into a hoagie for a meatball sub!	