

Makes 16
Meatballs

Turkey Meatballs

Ingredients

- 1 lb lean ground turkey (not extra lean)
- 3/4 cup gluten free oats
- 1 clove garlic, chopped
- 1 free-range egg (with omega-3)
- 1 Tbsp olive oil
- 1/3 cup fresh flat-leaf parsley, chopped
- 1 tsp dried onion flakes
- 1/3 cup cooked pureed lentils, *brown, red, black*
- 1/2 tsp salt
- Fresh ground pepper
- *32-oz jar of your favorite marinara sauce (No sugar added. Wholesome Goodness Marinara sauce or Rao's Marinara sauce are good options.)

Instructions

1. Preheat oven 375.
2. Place all ingredients (except marinara sauce) in a medium bowl and mix well together. Let setup for about 15-20 minutes; easier to form.
3. Roll the turkey mixture into 1 1/2 inch medium-sized balls (*medium size ice-cream scooper works great!*) and place on parchment paper on cookie sheet.
4. Bake in preheated oven for no more than 5 minutes--**just enough to have them barely hold their shape, but NOT enough to be cooked through**; they finish cooking in the simmering marinara sauce and stay moist inside.
5. Meanwhile, pour marinara sauce in a large pot over moderate heat and cook for a few minutes until very hot, then gently place the almost-cooked turkey balls in the sauce, making sure that they are all covered with the tomato sauce. Simmer, uncovered, for another 15-20 minutes.