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**Turkey Meatballs**

Makes: 16 meatballs

Recommended serving size: 4, 1 oz meatballs

Ingredients:

1 lb ground turkey, 97% lean

½ cup whole wheat breadcrumbs

1 teaspoon onion powder

1 teaspoon garlic powder

1 tablespoon chopped fresh parsley

1 egg, beaten

Directions:

1. Heat oven to 375°F. Spray large cookie sheet with cooking spray.
2. In large bowl, mix ground turkey and breadcrumbs. Season with onion powder, garlic powder and parsley. Add beaten egg, mix until combined.
3. Shape mixture into 16 balls. Place on cookie sheet.
4. Bake 20 to 25 minutes or until cooked through. Serve with pasta and tomato sauce.

Nutrition information per serving:195 calories, 8 grams carbohydrates, 28 grams protein, 4.5 grams fat, 2 grams fiber