

Turkey Meatballs

Makes 6 servings · about 4 meatballs each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 24 g · Fiber 1 g · Calories 220	

Ingredients

- 1½ lb ground turkey
- 1 egg
- ½ cup whole-wheat bread crumbs (or almond flour)
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 2 Tbsp fresh parsley, chopped
- 1 tsp dried oregano
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 Tbsp olive oil

Directions

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Gently mix the turkey, egg, bread crumbs, Parmesan, garlic, parsley, oregano, salt, and pepper — do not overwork.
3. Roll into about 24 meatballs and place on the sheet; drizzle with the olive oil.
4. Bake 18–22 minutes, until browned and cooked through (165°F).

Note: Freeze cooked meatballs in a single layer, then bag — a fast protein for pasta, bowls, or wraps.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 cloves garlic
- ☐ 1 small bunch parsley

MEAT & POULTRY

- ☐ 1½ lb ground turkey

DAIRY & EGGS

- ☐ 1 egg
- ☐ ¼ cup Parmesan cheese

BAKERY & GRAINS

- ☐ ⅓ cup whole-wheat bread crumbs

CHECK YOUR PANTRY

- ☐ Oregano
- ☐ Salt
- ☐ Black pepper
- ☐ Olive oil