

Low-Fat Turkey Meatballs

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The addition of molasses in this recipe adds a little bit of sweetness and a lot of flavor, without the fat. Makes about 14 meatballs.

Ingredients:

1 pound lean ground turkey
2 tablespoons molasses
1 egg or 1/4 cup egg whites
1/4 cup bread crumbs
1/4 cup minced onions
1 teaspoon garlic powder
2 teaspoons salt
1 teaspoon pepper

Directions:

1. Preheat oven to 400F.
2. In a large bowl mix all the ingredients together.
3. Scoop each ball with a 1/4 cup measuring cup and loosely form into balls. Do not pack tightly or they will be tough.
4. Place on a baking sheet and bake until browned and cooked through about 15 to 20 minutes.

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