

What's Really In It?

Turkey Meatballs



2lbs of ground turkey
1 16 oz bag of frozen "riced"
cauliflower. (Trader Joes & Costco sell
these.)
1 tbsp salt
1 tsp pepper
1 tbsp garlic powder
2 tsp onion powder
1 tsp dried oregano
1 tsp dried basil
Large pinch of red pepper flakes
2 eggs

Mix turkey & all the seasonings
Cook cauliflower in microwave as
directed, drain off the excess water.
There will be water & we do not want
this in our mixture
Mix the cauliflower into the meat
mixture
Wisk up eggs in separate bowl, add
them to the mixture
Mix really well with hands or a fork
Using a cookie scoop OR large spoon
scoop onto a parchment lined cookie
sheet
Bake 400 for 18-20 mins
Makes 3.5dozen cookie size meatballs.
these freeze great!

**Now you have meatballs for your veggie spaghetti sauce we made last month. OR
eat them with a side of roasted veggies.**

Enjoy!