

# Baked Turkey Meatballs

Prep Time: 5 min • Cook Time: 20 min • Ready Time: 25 min

## INGREDIENTS

1.25 pounds ground turkey

1/2 small onion, very finely chopped

1 clove garlic, minced

1 egg

1 teaspoon Worcestershire sauce (optional)

1/3 cup grated Parmesan cheese

1/3 cup breadcrumbs

1 teaspoon Italian seasoning

salt and pepper

red pepper flakes (optional)

## INSTRUCTIONS

- Preheat oven to 425°F. Line a baking sheet with aluminum foil and spray with cooking spray.
- Mix all ingredients together in a large bowl until combined.
- Shape into 1-inch round meatballs and place on baking sheet.
- Bake for 20 minutes, until done.
- Serve over pasta with sauce, on a hero, etc.

