

## Turkey Meatballs

### Ingredients:

1 lb Ground Turkey  
½ Cup Scallions or Onion (petite diced/minced)  
½ Cup Bell Pepper (petite diced/minced, tri colored if desired)  
2 cloves Garlic (minced)  
Salt and Pepper to taste  
2 tbsp Ketchup  
2 tsp Mustard  
1 tbsp Worcestershire sauce  
Fat Free Mozzarella cut into small ¼ inch cubes  
Spray Butter

### Directions:

- Preheat oven to 350 degrees F.
- Sauté scallions and bell peppers in spray butter in pan until cooked.
- Mix together all the ingredients with ground turkey (except mozzarella) in large bowl.
- Form meatballs from mixture around the mozzarella cubes.
- Meatballs should be just over an inch in diameter.
- Place on baking sheet about ½ - 1 inch apart.
- Lightly salt over tops of meatballs.
- Bake for 35-40 minutes turning once halfway through.

Enjoy! You should have a gooey cheese in the middle of the meatball as you bite into it. Yum!

**2 meatballs = 1 protein serving and ¼ vegetable serving**



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