

Italian Turkey Meatballs



Ingredients

1 Tablespoon butter
¼ Cup onion, minced
1 Pound fresh ground turkey
½ Pound pork sausage (optional)
1 Slice bread, "pulled" into small crumbs
2 Eggs, beaten
3 Tablespoons parsley, diced
1½ Teaspoons salt
¼ Teaspoon paprika
½ Teaspoon oregano
1 Teaspoon lemon juice
1 Clove garlic, minced
(or substitute garlic salt)
3 Tablespoons Parmesan cheese, grated
1 Can (8 oz.) tomato sauce
Nonstick vegetable cooking spray
(as needed)

1. Preheat oven to 325 degrees F. Coat shallow casserole pan with nonstick cooking spray.
2. Melt butter in frying pan over medium-high heat, then add onion and saute until tender.
3. In a large bowl combine onion with ground turkey, pork sausage, bread, eggs, parsley, salt, paprika, oregano, lemon juice, garlic and Parmesan cheese.
4. Mix ingredients together and shape into small round balls, of uniform shape.
5. Brown meatballs in large skillet over medium-high heat, then place meatballs in casserole pan and cover with tomato sauce.
6. Cover pan with lid or aluminum foil and bake for 1 hour.

Serving size: 6 meatballs

Approximate Nutrition Information Per Serving: Calories 210; Total Fat 14g; Sat. Fat 5g; Trans Fat 0g; Cholesterol 115mg; Sodium 730mg; Total Carbs 4g; Protein 18g

Recipe courtesy of Audrey Huisinga, Willmar, MN

Minnesota Turkey Research & Promotion Council

www.minnesotaturkey.com ■ 763/682-2171

Servings:
8

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Tasty Taco Casserole



Ingredients

2 Pounds lean ground turkey
2 Packages reduced-sodium taco seasoning mix
1 Cup Water
1 Can (8 oz.) tomato sauce
1 Can (16 oz.) tomatoes
1 Can (4 oz.) green chilies (drained)
1 Can (2¼ oz.) ripe olives (drained)
5 Soft shell tortillas, cut in quarters
1 Cup light sour cream
2 Cups Monterey Jack cheese
Nonstick vegetable cooking spray (as needed)

1. Preheat oven to 350 degrees F. Spray 2 quart casserole pan (or 9"x11" glass baking dish) with nonstick cooking spray.
2. Place ground turkey in large skillet and brown over medium-high heat until meat is no longer pink.
3. Stir in taco seasoning and water.
4. Add tomato sauce, tomatoes, green chilies and olives; reduce heat and simmer for 15 minutes, stirring occasionally.
5. Assemble casserole: Place half of the tortillas in bottom of casserole pan, top with half of the meat mixture, half of the sour cream, half of the cheese. Repeat.
6. Bake for 40 minutes.

Serving size: 11.5 oz.

Approximate Nutrition Information Per Serving: Calories 500; Total Fat 25g; Sat. Fat 11g; Trans Fat 0g; Cholesterol 125mg; Sodium 1540mg; Total Carbohydrate 34g; Protein 33g



Recipe courtesy of Joann Handahl, Spicer, MN

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www.minnesotaturkey.com

Servings:
8

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