

Pesto Turkey Meatballs

LUNCH/DINNER Makes 18 Meatballs

Quick and easy meatballs with lots of flavour. Toss them on your favorite pasta, or salad, for a delicious meal.

Ingredients

- 1 pound extra lean ground turkey
- 1 large egg
- 1/4 cup fine breadcrumbs
- 1/4 cup basil pesto
- 1/4 cup shredded parmesan cheese
- 1 tsp Italian seasoning
- 1/4 tsp kosher salt
- 1/4 tsp fresh ground pepper

Directions

1. Mix all ingredients in a bowl until well combined.
2. Form into meatballs. A 1.5 inch cookie scoop will give you perfect, equal size meatballs.

Air Fryer Directions

- Place the meatballs in a single layer in the air fryer basket.
- Set the air fryer to 400°F and cook for 8-10 minutes until golden brown.

Oven Directions

- Preheat oven to 375F
- Place the meatballs in a single layer on a parchment lined baking sheet.
- Bake for 22-25 minutes until lightly golden brown.

Notes

Cooked meatballs will keep about 5 days in the fridge.

Use on top of salads, in wraps, or just as a snack.

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



Macros*

Per 1 Meatball

Calories : 57

Protein : 7g

Carbs : 1g

Fat : 1g