



Ashley's Meal Prep Monday!



Oven Baked Turkey Zucchini Meatballs

INGREDIENTS

- 1 1/2 cup grated zucchini
- 1 pound ground turkey
- 1/2 cup panko breadcrumbs
- 1/2 TSP onion powder
- 1/2 TBSP Italian seasoning
- 1/2 TSP salt
- 1/2 TSP garlic powder
- 1/4 TSP paprika
- 1/2 cup grated parmesan cheese
- 1 egg



Pre heat oven to 400. Take the shredded zucchini in a clean dish towel or large papertowl and squeeze out the excess moisture.

In a large bowl, combine drained zucchini and all ingredients. Using clean hands or a spoon, mix until well combined.

Gently roll the meat into golfball size portions and arrange in a single layer on a large baking sheet.

Bake for 25 minutes or until meat is cooked through. Enjoy with sauce/pasta/veggies.

Recipe: www.thenaturalnurturer.com

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