

# TURKEY MEATBALLS

Recipe courtesy of *Diane Henderiks*

momlogic.com

## Ingredients:

- 1 pound lean ground turkey
- 1/4 cup finely chopped onion
- 1 tbsp. ground flaxseed
- 2 egg whites
- 1/2 cup bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- 1 tsp. garlic powder
- 1/2 tsp. dried oregano
- 1 tbsp. dried parsley
- 1/2 tsp. dried basil
- A pinch of salt
- 1 tbsp. olive or canola oil

# TURKEY MEATBALLS

Recipe courtesy of *Diane Henderiks*

momlogic.com

## Directions:

1. Mix all ingredients together with your hands.
2. Roll into 1 1/2inch balls.
3. Heat 1T oil in large skillet. Add meatballs and brown on all sides.
4. Add DITK Quick and Easy Pasta Sauce to pan.
5. Cook about 20 minutes or until meatballs are no longer pink on the inside.
6. Serve over cooked whole wheat pasta.
7. Enjoy!

# TURKEY MEATBALLS

Recipe courtesy of *Diane Henderiks*

momlogic.com

## **DITK™ QUICK & EASY PASTA SAUCE**

- 1/2 cup olive oil
- 4 large cloves garlic, peeled, kept whole
- 2 tbsp. tomato paste
- 2 28 ounces cans whole tomatoes crushed by hand, with juices
- 1/2 cup dry red wine
- 3 tbsp. shredded fresh basil (or 1 tablespoon dried)
- 3 tbsp. chopped fresh parsley (or 1 tablespoon dried)
- Salt (to taste)

1. In a large saucepan, heat the oil.
2. Add the garlic and cook over moderate heat, stirring occasionally about 5 minutes.
3. Add the tomato paste and cook, stirring, for about 1 minute.
4. Add the canned tomatoes with their juices and red wine.
5. Stir in basil and parsley, season with salt
6. Bring to a boil. Simmer the over low heat, stirring occasionally, until it thickens a bit - about 20 minutes.