

Pesto Turkey Meatballs

Servings: 13 Serving size: 2 meatballs

By: Extension Master Food Volunteers

These meatballs are a tasty spin to the traditional meatball. These are great served as an appetizer, with spaghetti and sauce, or as a meatball sub sandwich. The basil pesto can be either homemade or store bought, both are delicious!

INGREDIENTS

3/4 cup panko bread crumbs
3/4 cup freshly grated Parmesan cheese
1/4 cup prepared basil pesto
1 large egg
2 tablespoons milk
2 tablespoons ricotta cheese
1/2 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon granulated garlic
1 pound ground turkey

DIRECTIONS

1. Preheat the oven or air fryer to 375°F. Note: These may also be cooked in a skillet over medium heat.
2. Combine panko, Parmesan cheese, pesto, egg, milk, ricotta cheese, Italian seasoning, salt, pepper, and garlic in a large bowl; mix together.
3. Add ground turkey and lightly fold into the mixture. Note: Do not over mix, the more you mix the tougher it will be.
4. Shape ground turkey mixture into 1-inch meatballs and place on a cookie sheet or into the air fryer basket. Note: Use a cookie scoop for uniform shape and size.
5. Cook meatballs to 165°F. If using the oven, cook for about 15 minutes, flipping halfway through. If using the air fryer or skillet cook about 8 to 10 minutes, flipping halfway through.

Nutrients Per Serving:

250 Calories | 14g Fat (4.5g Saturated) | 11g Carbohydrates | 0g Added Sugar | 21g Protein | 590mg Sodium | 0g Fiber