

Food4Life

Nutrition Education for people living with HIV/AIDS

Baked Turkey Meatballs

Ingredients

- 1 lb Lean Ground Turkey
- 1/3 cup Grated Parmesan
- 1/3 cup Seasoned Breadcrumbs
- 3 Tbsp. Finely Chopped Parsley
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 1/2 tsp. Dried Oregano
- 1/4 tsp. Black Pepper
- 1/2 cup Fresh Basil
- 1 tsp. Salt
- 1 Egg
- 1 1/2 tsp. Olive Oil