

## Garden Turkey Meatballs

*Makes about 24 Turkey Meatballs (6 Servings)*

- 1 pound ground turkey
- 2 to 3 medium carrots (6 ounces), peeled and finely grated (about 2/3 cup)
- 1 large omega-3 egg
- ½ cup quick-cooking or old-fashioned oats
- ½ cup grated Parmesan cheese
- 2 tablespoons ground flaxseed
- 1 tablespoon dried Italian seasoning or 1 tablespoon dried basil
- ½ teaspoon salt
- 1/8 teaspoon pepper
- One 26-ounce jar pasta sauce

Preheat the oven to 400°F. Spray a large baking sheet with non-stick cooking spray and set aside. Combine the turkey, carrots, egg, oats, Parmesan cheese, flaxseed, Italian seasoning, salt and pepper in a large bowl and mix until ingredients are just combined. Shape the meat mixture into twenty four 1 ½-inch balls. Place them on the baking sheet and cook until lightly browned, 10 minutes. Meanwhile, place the pasta sauce in a large saucepan over medium heat. Cover and bring to a simmer. When the turkey meatballs come out of the oven, add them to the sauce, reduce the heat and simmer, covered, about 20 minutes.

**Nutrition Information per Serving:** 230 calories, 10g fat (3g saturated; 0.5g omega-3), 730mg sodium, 18g carbohydrate, 2g fiber, 22g protein, 60% vitamin A, 10% vitamin C, 10% calcium, 15% iron