

Turkey Meatballs with Italian Cheese and Herbs

Author: Kalyn's Kitchen blog

Carolyn T's
Main Cookbook

Servings: 6



- 1 1/2 pounds ground turkey**
- 1/2 cup Romano cheese, or Parmesan or Pecorino**
- 2 large garlic cloves, finely minced**
- 1 teaspoon sage, rubbed**
- 1 tsp. rosemary, dried**
- 1 tsp. thyme, dried**
- 1/4 teaspoon cayenne**
- 1/4 teaspoon freshly ground black pepper**
- 1/2 teaspoon salt**
- 2 egg whites, or whole eggs, beaten lightly**
- 2 tsp. Worcestershire sauce**
- 2 tablespoons olive oil, plus more for sauteing the meatballs**

Serving Ideas: May be served by themselves, but benefit from a tomato-y sauce of some kind.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 255 Calories; 16g Fat (59.1% calories from fat); 24g Protein; 2g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 431mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Description: Phase One of South Beach Diet

1. Take ground turkey out of the refrigerator, put into medium-sized plastic bowl, and let come to room temperature for 20-30 minutes. While turkey is warming, use a spice grinder to pulse the dried herbs: sage, rosemary, cayenne and dried thyme (or use a mortar and pestle) and grind until it's fairly fine. (If you're making these meatballs for kids, Kalyn recommends a smaller amount of herbs, especially the sage and rosemary, since those are fairly strong flavors.)
2. When meat is room temperature, sprinkle ground herbs and your cheese of choice over the meat. Beat together egg and Worcestershire sauce, and pour over, plus the salt and pepper, minced garlic and olive oil. Wash hands, then use your hands to mix everything into the turkey. (Try not to overmix, just squeeze together until it's combined and there are no more streaks of herbs visible)
3. Use a spoon (or a cookie scoop) to scoop out same-size pieces of meat and form into individual meatballs (about 30) by rolling them between your hands. (The mixture will be soft, but it will firm when the turkey is cooked.) When all meatballs are rolled, heat 1 T olive oil in a large non-stick frying pan, making several batches, as needed. Do not crowd the meatballs or they will be too difficult to turn over (they're very soft until they cook).
4. Fry meatballs over medium heat, turning every few minutes to a new side, until all meatballs are well browned and done through, about 15 minutes. Cut one in half to be sure the inside is done, or test with a meat thermometer to be sure the temperature is at least 165F for ground turkey. Serve hot. These would taste great with Tzatziki Sauce or a Creamy Cucumber Sauce.