

## Turkey meatballs

### Ingredients:

2 lbs. ground beef

1 cup grated carrots

1 cup seasoned breadcrumbs

3 egg whites

2 tbsp. dried parsley

2 tsp. garlic powder

2 lbs. ground turkey

1 cup oatmeal

½ cup applesauce

1 medium onion, minced

2 tsp. onion powder

Mix all ingredients except beef and turkey. Mix in beef and turkey. Shape into small balls and place on a foil lined oven pan. Bake at 350°F for approximately 20 minutes or until internal meatball temperature is at 165°F. Drain off excess fat and serve.

### Nutritional Information:

Total Fat: 12g (Saturated: 4g)      Calories: 220

Carbs: 9g      Fiber: 1g      Protein: 19g

