Turkey Bulgur Meatballs

Recipe

Makes about 25, Serves 5

Ingredients
♦ 1 pound ground turkey
♦ 1/2 onion, grated
♦ 1/2 cup finely chopped fresh flat-leaf parsley
♦ 1/2 cup medium coarse bulgur
♦ 2 egg whites, lightly beaten, or 1 large egg
♦ 1/2 tablespoon Italian seasoning
♦ 1 teaspoon kosher salt
♦ 1/4 teaspoon ground black pepper

Directions
1. Preheat your oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
2. In a large bowl combine all the ingredients and mix well. Refrigerate for at least 1 hour.
3. Shape the meatballs with about 1 1/2 tablespoons of the mixture.
4. Bake in preheated oven for 20 - 30 minutes, or until cooked through and golden brown. Serve with sauce and pasta

*For vegetarian option cook 1 cup bulgur wheat in 2 cup of vegetable broth until all the liquid is absorbed. Omit egg and add 1 cup of black beans. Bake as stated above.

Nutritional Information

Nutrition
Serving Size: 142 grams
Calories 283
Calories from fat 112
Total Fat 12.4 grams (19%)
Saturated Fat 3.2 grams (16%)
Trans Fat 0.0 grams
Cholesterol 94 mg (31%)
Sodium 588 mg (25%)
Total Carbohydrate 13.3 grams (4%)
Dietary Fiber 2.4 grams (10%)
Sugars 0.7 grams
Protein 28.2 grams

Vitamins
Vitamin A: 10%
Vitamin C: 15%
Calcium: 4%
Iron: 14%

Good Points
Very low in sugar
Very high in selenium

Nutrition Grade
B-

Shown here with Roasted Cherry Tomato Sauce and Herbed Whole Wheat Vegetable Pasta

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 27, 2012