

# Turkey Meatballs



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
20 MINUTES

**TOTAL TIME:**  
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 10 Meatballs

## **Pesto Ingredients:**

- 1 lb. Organic Ground Turkey (I use 85/15)
- ½ Small Onion, finely chopped
- ¼ Cup Almond Flour (or can use gluten free breadcrumbs or flax meal – or combo)
- 1 Egg
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- ¾ Teaspoon Sea Salt
- Black Pepper to Taste
- 1 Tablespoon Coconut Oil
- 2 Cups Organic Jarred Marinara Sauce (no sugar added)
- ***Optional: Top with Fresh Basil***

## **Instructions:**

1. In a large mixing bowl add all the above ingredients ***minus the oil and sauce***. Mix with hands until combined.
2. Roll meatballs – size should be about 2-inch diameter. Usually makes about 10.
3. Add coconut oil to large sauté pan over medium heat.
4. Brown the meatballs on all sides about 8 minutes.
5. Next add contents of sauce directly over meatballs. Lower heat slightly and cover.
6. Cook for about 12 minutes – until cooked all the way through.
7. Serve with a large organic green's salad and top with some fresh basil.

**\*Try and use all organic ingredients if possible.**

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