

TURKEY MEATBALLS

(adapted from The Perfect Pantry)

- 1+ 1/4 lb ground turkey
- 1/2 cup bread crumbs (I used Panko)
- 1/2 cup plain Greek yogurt (full fat)
- 1 large egg
- 1 Tbsp lemon zest
- 1/2 tsp kosher salt
- 1/2 tsp fresh black pepper
- 2 Tbsp flat-leaf parsley, chopped



Heat oven to 425°F. Line a rimmed baking sheet with parchment paper (do not omit this step!), and reserve.

Combine all ingredients in a large bowl, working the mixture well with your hands until thoroughly combined. Wet your hands with cold water and form the mixture into balls, either as bite size (for appetizers), or larger (for a main dish). Place them on the prepared sheet and bake for 15 to 25 minutes, depending on their size. When done, they'll be a nice golden brown on the surface. You can carefully move them around after they've been baking for 10 minutes or so. Cut through one of them to judge if they are fully cooked, and serve.