

TURKEY MEATBALLS WITH ROLLED OATS

(from the Bewitching Kitchen)

1 to 1 + 1/2 pounds ground turkey meat
1 egg white
1/2 cup dried quick oats
2 tsp grated ginger root
zest and juice of 1 lime
1 tsp smoked paprika
1 Tablespoon soy sauce
1/4 teaspoon salt
black pepper to taste
ketchup for brushing (optional)

Place the ground turkey in a large bowl. Make a well in the center, then add all other ingredients. Mix well with your hands, but do not squeeze the meat too much.

With wet hands, form large balls and place them in a muffin tin or on a roasting pan covered with parchment paper. Brush the surface with a little ketchup, if you want. Cook the meatballs in a 375F oven for about 30 minutes, turning them midway through cooking time and brushing the top again with ketchup. Serve them right away, or simmer gently in the sauce of your choice for 10 minutes.