

Turkey Meatballs & Zucchini Noodles

Serves 4

Ingredients:

- Grapeseed oil spray
- 1 ½ lbs lean ground turkey
- ½ cup diced crimini mushrooms
- ¾ cup uncooked oats *
- 1 large egg
- 1 tbsp Worcestershire sauce *
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp olive oil
- 2 large zucchini, spiralized into pasta
- Seasoning salt
- 2 cups marinara sauce
- Grated parmesan cheese, to taste **



Directions:

1. To make the meatballs, first preheat the oven to 350. Line a baking sheet with foil and spray with grapeseed oil. In a large bowl, add the turkey, mushrooms, oats, egg, Worcestershire, oregano, and garlic powder. Using your hands, mix together until well combined.
2. Scoop out mounds about 1 ½ inches thick and round them by rolling them in your hands. Spread out on baking sheet. Bake about 20 minutes, or until cooked through.
3. Meanwhile, heat the marinara sauce on low in a small pan on the stove. In a sauté pan, heat oil over medium high heat. Add spiralized zucchini to the pan with a little seasoning salt. Stir constantly for 3-4 minutes. Remove zucchini from heat.
4. Toss meatballs in marinara sauce and use to top zucchini noodles. Garnish with parmesan cheese.

*To make this dish gluten-free, use gluten-free oats and Worcestershire sauce.

**To make this dish lactose-free, use non-dairy or vegan parmesan cheese.