

Turkey Lentil Meatballs – makes ~28 meat balls

<http://www.eminencenutrition.com/turkey-lentil-meatballs>



Ingredients

- 1lb Ground turkey
- 1 can Cooked green lentils
- ½ cup Onion, chopped
- 2 Garlic cloves, minced
- ½ cup Bread crumbs
- 1 Egg, lightly beaten
- 1 tsp. Dried thyme
- 1 tsp. Dried oregano
- 1 tsp. Salt
- ½ tsp. Ground black pepper
- ~ 3 tbsp. Olive oil

Directions:

1. Preheat oven to 400°F (200°C).
2. Drain and rinse the lentils. Place them in a food processor and pulse them until they are a chunky mixture.
3. Combine all of the ingredients (except oil) in a large bowl and gently mix until combined.
4. Form into golf ball sized meatballs, about 1½ inches in diameter.
5. Heat a pan on medium-heat and add some oil. Let it warm for 30 seconds and then place the meatballs in the pan and fry until all the sides are brown.
6. Arrange meatballs on a parchment-lined baking sheet and bake for 15 minutes.
7. Enjoy 😊

Adapted from: Lentils.ca

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