



Thanksgiving Meatballs



1/5th of recipe (4 meatballs with about 2 1/2 tbsp. gravy): 197 calories, 2.5g total fat (0.5g sat. fat), 515mg sodium, 17.5g carbs, 1g fiber, 3.5g sugars, 25g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

- 1 lb. raw extra-lean ground turkey (at least 98% lean)
- 1 1/2 cups turkey stuffing mix (about 1/2 of a 6-oz. box)
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped onion
- 2 tbsp. sweetened dried cranberries, chopped
- 2 tbsp. chopped fresh parsley
- 2 tsp. chopped garlic
- 1/8 tsp. each salt and black pepper
- 3/4 cup chicken or turkey gravy

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place all ingredients *except* gravy in a large bowl. Add 1/4 cup water, and thoroughly mix until uniform.

Firmly and evenly form into 20 meatballs, and place on the baking sheet, evenly spaced.

Bake until cooked through, about 16 minutes, flipping halfway through.

In a medium microwave-safe bowl, microwave gravy for 45 seconds, or until warm.

Pour gravy over meatballs, or serve on the side.

MAKES 5 SERVINGS

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