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Crock Pot Turkey Meatballs

Ingredients:

1 egg white
¼ teaspoon salt
1 teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon crushed red pepper flakes
1 garlic clove, minced
2 green onions, finely chopped
1 lb. 93% lean ground turkey or 93% lean ground beef
3 Tablespoons grated parmesan cheese
1 (25 ounce) jar pasta sauce
1/4 cup red wine

Preparation:

In bowl, beat egg white with salt, seasonings, red pepper flakes, garlic and green onions.

Add turkey and parmesan cheese; Mix well.

Shape turkey mixture into 1 ½-inch balls.

Place meatballs in the bottom of the crock pot.

In a separate bowl combine pasta sauce with wine and pour over meatballs.

Cover and cook on low 5-6 hours OR cook on HIGH for 1 ½ to 2 hours, or until meatballs are firm and no longer pink in the middle.

Serve over pasta, or on a bun as a meatball sandwich, topped with parmesan or mozzarella cheese.

Jill West, RDN, is an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals. For more information, visit www.400MOMS.com or call 925-788-2937.

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