Dinner

Baked Turkey Meatball and Tomato Skewers

Tender ground turkey meatballs are threaded onto skewers with tomatoes, mushrooms, and onion, then brushed with a tangy balsamic glaze and baked until juicy.



Freezer safe

45 min	190	10 g	5 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 spray, 0.25 grams nonstick cooking spray
- [ ] 4 large egg whites or 1 cup egg substitute
- [ ] 2 tbsp Parmesan cheese (grated)
- [ ] 2 clove garlic (minced)
- [ ] 20 oz lean ground turkey (93% lean)
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp ground black pepper
- [ ] 12 whole bamboo skewers
- [ ] 24 whole grape or cherry tomatoes
- [ ] 8 oz cremini (baby bella) mushrooms (cut in half if needed to make 12 pieces)
- [ ] 1 med onion(s) (quartered, then each quarter cut into thirds (12 onion pieces total))
- [ ] 1/4 cup balsamic vinegar
- [ ] 1 tsp olive oil

Nutrition Facts

Per serving

Calories	**190**
Total fat	8 g
Saturated fat	1.5 g
Sodium	330 mg
Total carbs	10 g
Fiber	1 g
Total sugars	5 g
Protein	25 g

Method

- [ ] 1 Heat the oven to 375°F and coat a baking sheet with nonstick cooking spray.
- [ ] 2 Stir together the egg whites, grated Parmesan cheese, minced garlic, lean ground turkey, salt, and ground black pepper, then roll the mixture into 24 meatballs and chill them for at least 30 minutes.
- [ ] 3 Thread each bamboo skewer with 2 meatballs, 2 grape or cherry tomatoes, 1 piece of cremini mushroom, and 1 piece of onion, alternating the items as you go.
- [ ] 4 Whisk the balsamic vinegar and olive oil together in a small bowl.
- [ ] 5 Arrange the skewers on the prepared sheet, brush them all over with the vinegar mixture, and set the remaining mixture aside.
- [ ] 6 Bake for 10 minutes, brush every side again with the reserved mixture, then bake for another 10-15 minutes until the meatballs reach 165°F inside.

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