

MARINARA 'N MOZZ MEATBALLS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 29 per 1 toothpick

Nutrition (per serving)

Calories: 98

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 189 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1.5 g

Protein: 9 g



Ingredients

Meatballs

- 1 – 15 ounce can great northern beans, drained and rinsed
- 19 ounces extra lean ground turkey breast
- 2 egg whites
- ½ cup whole wheat breadcrumbs (use gluten free for GF version)
- 1 – 4 ounce can sliced mushrooms, drained and chopped

Sauce

- 1/3 cup finely chopped onion
- ¼ cup grated Parmesan
- 2 Tablespoons Italian seasoning
- 1 Tablespoon crushed red pepper
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- Cooking spray
- 1 teaspoon extra-virgin olive oil

- 2 – 8 ounce cans no salt added tomato sauce
- ¼ Tablespoon Italian seasoning
- 2 teaspoons Splenda® brown sugar blend

Plating

- 14 ounces fresh part-skim mozzarella cheese, cubed
- 28 fresh basil leaves

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Mash beans in a large mixing bowl. Add turkey breast, egg whites, bread crumbs, mushrooms, Parmesan, herbs and spices. Combine well.
3. Roll into one inch balls, place on sprayed baking sheet and bake for 20-25 minutes.
4. In a small saucepan, sauté onions in olive oil for 2-3 minutes on medium heat. Add the rest of the ingredients and bring to a boil. Reduce heat, simmer 6-8 minutes or until slightly thickened.
5. Place meatball, mozzarella cube and basil leaf on a toothpick. Drizzle with marinara sauce.