



GlutenFree Turkey Meatballs

Savannah · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

40

Description

My mom developed this recipe after many attempts at glutenfree meatballs We now have a delicious and healthy way to eat a food we love

Ingredients

- - ¾ pound ground turkey - ½ pound chicken sausage
- casings removed - ½ cup gluten-free bread crumbs - 3 tablespoons chopped fresh basil - 3 tablespoons milk
- 2 teaspoons minced garlic - ¼ cup grated Parmesan cheese - 1 teaspoon kosher salt - ½ teaspoon ground black pepper - 1 egg
- lightly beaten

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Combine ground turkey
2. chicken sausage
3. bread crumbs
4. basil
5. milk
6. garlic
7. Parmesan cheese
8. kosher salt
9. and black pepper in a bowl; mix gently with a fork. Drop mixture
10. about 1 1/4-inch diameter per meatball
11. onto the prepared baking sheet using a spoon. Bake in the preheated oven until cooked through and lightly browned
12. about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Recipe Tips Instead of ground turkey mixed with sausage
13. you can use 1 1/4 pounds of whatever ground meat you prefer. You can substitute 2 teaspoons of garlic powder for the minced garlic
14. and you can try different spices too.