Lean Turkey Meatballs on Sautéed Zucchini Noodles

Protein-packed turkey meatballs served on tender, sautéed zucchini ribbons for a low-carb, flavorful meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 30 minutes

Ingredients

- 12 oz lean ground turkey
- 1/4 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 2 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 medium zucchinis (about 14 oz), spiralized or sliced into ribbons
- 1 tbsp olive oil
- 1/2 tsp red pepper flakes (optional)
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 400°F.
2. In a bowl, combine ground turkey, almond flour, Parmesan, egg, garlic, oregano, salt, and pepper. Mix gently until just combined.
3. Form the mixture into 12 equal meatballs and place them on a baking sheet lined with parchment paper.
4. Bake meatballs for 18-20 minutes, or until cooked through and golden brown on the outside.
5. While meatballs bake, heat olive oil in a large skillet over medium heat.
6. Add zucchini ribbons and sauté for 3-5 minutes until tender but still firm. Season with a pinch of salt and red pepper flakes if using.
7. Plate zucchini ribbons, top with warm turkey meatballs, and garnish with fresh parsley if desired.
8. Serve immediately and enjoy.

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