Savory Oven-Baked Turkey Meatballs on Zoodles

Tender baked turkey meatballs seasoned with herbs served atop fresh zucchini noodles for a wholesome low-carb meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 1 lb ground turkey
- 1/4 cup grated Parmesan cheese
- 1/4 cup almond flour
- 1 large egg
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 medium zucchinis, spiralized into noodles
- 1 tbsp olive oil
- 1/2 cup low-sugar marinara sauce
- Fresh basil leaves for garnish (optional)

Instructions

1. Preheat oven to 400°F.
2. In a bowl, combine ground turkey, Parmesan, almond flour, egg, garlic, Italian seasoning, salt, and pepper. Mix well until just combined.
3. Form mixture into 12 meatballs (about 1.5 oz each) and place them on a lined baking sheet.
4. Bake meatballs for 18-20 minutes or until cooked through and golden.
5. Meanwhile, toss zucchini noodles with olive oil and a pinch of salt.
6. Warm marinara sauce gently on the stovetop or microwave.
7. Divide zucchini noodles between two plates, top with baked meatballs, and spoon marinara sauce over.
8. Garnish with fresh basil leaves if desired and serve immediately.

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