Oven-Baked Turkey Meatballs with Cauliflower Rice

Tender turkey meatballs baked to perfection served with savory sautéed cauliflower rice for a low-carb, high-protein meal.

Servings: 2 **Time:** 40 minutes

Ingredients

- 1 lb ground turkey
- 1/4 cup grated Parmesan cheese
- 1/4 cup almond flour
- 1 large egg
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 small head cauliflower (about 4 cups riced)
- 1 tbsp olive oil
- 1/4 cup diced onion
- 1/2 cup diced bell peppers
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 400°F.
2. In a large bowl, combine ground turkey, Parmesan, almond flour, egg, garlic, parsley, Italian seasoning, salt, and pepper. Mix until just combined.
3. Shape mixture into 12 even meatballs and place on a baking sheet lined with parchment paper.
4. Bake meatballs for 20-25 minutes until cooked through and slightly golden.
5. While meatballs bake, heat olive oil in a large skillet over medium heat.
6. Add diced onion and bell peppers to skillet and sauté for 3-4 minutes until softened.
7. Add riced cauliflower, salt, and pepper to skillet. Cook, stirring often, for 6-8 minutes until cauliflower is tender.
8. Serve the oven-baked turkey meatballs over the warm cauliflower rice.

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