Baked Turkey Meatballs on Zucchini Noodles

Lean turkey meatballs baked to perfection served over lightly sautéed zucchini noodles for a low-carb, high-protein 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
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 medium zucchinis, spiralized
- 1 tbsp olive oil
- 1/2 cup low-sugar marinara sauce
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 400°F.
2. In a bowl, combine ground turkey, Parmesan, almond flour, 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 until cooked through and golden.
5. While meatballs bake, heat olive oil in a large skillet over medium heat.
6. Add spiralized zucchini noodles and sauté for 3-4 minutes until just tender; season with a pinch of salt.
7. Warm marinara sauce in microwave or on stovetop.
8. Place sautéed zucchini noodles on plates, top with baked meatballs, and spoon marinara over the top.
9. Garnish with fresh parsley if desired and serve immediately.

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