



## **Turkey Meatballs with Garlic Zucchini Noodles**

Prep: 15 minutes

Cook: 20 minutes

Serves: 4

### **Ingredients**

- 1 pound ground turkey
- 1 small onion, grated
- 1/3 cup breadcrumbs
- 1/3 cup Parmesan cheese, plus more for serving
- 1/4 cup chopped fresh parsley
- 4 garlic cloves, minced and divided
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes
- 4 medium zucchini, spiralized

### **Directions**

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, mix together turkey, onion, breadcrumbs, cheese, parsley, half the garlic, salt and pepper until just combined. Shape mixture into 1 1/2-inch meatballs.
3. Bake for 15 minutes or until meatballs reach an internal temperature of 165°F.
4. Heat olive oil in a large skillet over medium heat. Add remaining garlic and red pepper flakes and cook for 30 seconds, stirring constantly. Add zucchini noodles and saute for 2-3 minutes. Serve meatballs over zucchini noodles and sprinkle with cheese.