

## **RECIPE: Turkey/Chicken Meatballs**

1 lb. lean ground turkey

1 lb. ground chicken

2 eggs

½-cup breadcrumbs

½-cup grated cheese (Romano or parmesan)

Season with salt, pepper, garlic powder, onion powder – whatever you desire

Mix ingredients together, form meatballs with approx. ¼-cup mixture, creating 12 large meatballs. Spray 12-hole muffin tin generously with Pam (non-stick spray). Place 12 meatballs in the muffin tin. Bake at 400 degrees for 30-35 minutes. Let cool before removing from tin. Meatballs can be stored in the refrigerator for up to a week or in the freezer for 2-3 weeks.