

Recipe for: Greek Turkey Meatballs

Ingredients:

2 cups cooked brown rice
¾ tsp. dried oregano
1 lb. lean organic or grass-fed ground turkey
2 medium, zucchini (1 lb.) cut into thin slices
1 cup marinara sauce

Preparation:

Pre-heat oven to 450 degrees. In a large bowl, combine rice and oregano. Stir in turkey until combined. Scatter zucchini in a 13 X 9 baking dish in a single layer.

Using a small ice cream scoop, shape meat mixture into 16 (1 ½) inch balls. Place meatballs on top of zucchini and drizzle with marinara sauce. Cover with foil and bake 22 minutes or until meatballs are cooked through. Enjoy!