



# Cranberry-Glazed Turkey Meatballs

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: ~4 meatballs

## Ingredients

1 pound lean ground turkey (90% lean or higher)

1 egg, lightly beaten

½ cup old fashioned (rolled) oats

½ cup finely diced onion

¼ cup lowfat (1%) milk

1 tablespoon garlic powder

1 teaspoon ground thyme

½ teaspoon salt

½ teaspoon ground black pepper

Zest from 1 lemon (Optional)

## Glaze

1 (14-ounce) can whole berry cranberry sauce (or 1½ cups homemade cranberry sauce)

½ cup low-sodium chicken or vegetable broth

1 tablespoon honey

## Directions

1. Preheat the oven to 375°F.
2. In a medium mixing bowl, gently toss together the ground turkey, egg, oats, onion, milk, garlic powder, thyme, salt, pepper, and lemon zest (if using).
3. Use 2-tablespoon cookie scoop (disher) to divide the mixture up and roll into balls. Place the meatballs onto a baking sheet.
4. Bake the meatballs until they reach an internal temperature of 165°F, about 25-30 minutes.
5. While the meatballs are cooking, add the glaze ingredients to a small saucepan (pot).
6. Place the pot over medium-high heat, bring to a rapid simmer, and stir as needed until the glaze is slightly thickened, about 5-7 minutes. Keep warm over low heat until the meatballs are done cooking,
7. Toss the meatballs with the glaze and serve, or place the glazed meatballs in a slow cooker set to warm and serve from the slow cooker.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 8 g | Saturated Fat: 2.5 g  
Sodium: 345 mg | Total Carbohydrate: 34 g | Dietary Fiber: 2 g | Protein: 21 g**

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