



## Vegetable Medley Meatballs

### Ingredients:

#### Basic:

1 lb ground chicken breast  
1 lb ground turkey breast  
1/2 c. panko breadcrumbs  
2 large eggs, scrambled  
1/2 c. feta cheese crumbles  
1/2 c. grated pecorino romano

#### Veggies:

1 c. diced red, yellow, orange bell peppers  
1/2 c. diced carrots  
1/2 c. diced celery  
1 c. chopped swiss chard  
1 c. chopped kale

### Herbs & Spices

2 tbsp. chopped parsley  
1 tbsp. ea. cumin, coriander, cardamom and turmeric  
1/2 tbsp. black pepper  
2 tsp. Himalayan sea salt

1. Preheat oven to 400 degrees.

2. Lightly grease a baking sheet with avocado oil.

3. Mix all ingredients together well, but don't overwork mixture.

4. Form into medium size balls and place on baking sheet. Brush with additional avocado or olive oil.

5. Bake for approximately 20 minutes and enjoy!

Tip: Make sure all veggies are diced to the same size to ensure even cooking. Change the veggies and spices up to follow your meal theme, mexican, italian, japanese..get creative and be inspired!!!

Makes 10 servings, serving size 2 meatballs

Nutritional Information (per serving):

Calories: 205, Cholesterol: 0mg, Fiber: 25g, Total Fat: 5.5g, Sodium: 549mg, Total Sugars: 0g, Net-Carbs: 7.3 g, Protein: 29 g