

# TURKEY QUINOA & FLAX MEATBALLS

## With Marinara Sauce

### INGREDIENTS

- Non-stick cooking spray **OR** parchment paper
- 1/2 C** Quinoa  
**1 1/3 C** Water  
**Dash** Salt  
**1 lb** Turkey (ground)  
**1/4 C** Shallot (diced)  
**1/4 C** Onion (red) (diced)  
**1/4 C** Pepper (red) (chopped)  
**4 cloves** Garlic (minced)  
**1/3 C** Egg whites  
**3 T** Flax meal  
**1/2 t** Black pepper  
**1/2 t** Cayenne pepper  
**1/2 t** Paprika  
**1/2 t** Basil (dry)  
**1/2 t** Mrs. Dash **OR** Herbamare



### DIRECTIONS

- 1 Pre-heat oven to 450 F & line a spray baking sheet with non-stick cooking spray or line it with parchment paper
- 2 Place quinoa, salt & water into a 3 qt pot & bring to a boil
- 3 Reduce to low heat, cover & cook until all water is absorbed
- 4 Move quinoa to a medium size bowl & allow to cool (10 minutes)
- 5 When quinoa is cooled, add all remaining ingredients to the bowl
- 6 Using your hands **OR** a spoon, mix until well combined
- 7 Shape the meat mix into balls that are a little smaller than a golf ball
- 8 Space turkey balls on the baking sheet
- 9 Bake until slightly browned & crisp on top (12-15 minutes)
- 10 Serve with warmed marinara sauce

### NOTE

Makes 20 - 25 meatballs depending on how big you make them



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