

Easy Kale Meatballs

Ingredients:

- 1 lb Lean Ground Turkey
- 2 Eggs
- 3 Cups Thinly Chopped Fresh Kale
- Salt
- Pepper
- 1/2-1 Cup Fresh Parmesan Cheese
- 2 Garlic Cloves - Minced
- 1/8 cup Fresh Parsley



Directions:

- Preheat oven to 350 degrees F, line a baking sheet with parchment paper or aluminum foil (spray with canola oil to prevent sticking if using foil)
- Mix ground turkey thoroughly with chopped kale in a large bowl (best done with hands! Use your husband to help with that step)
- Add eggs and cheese to bowl and continue to mix
- Add spices to bowl and continue to mix- salt, pepper, minced garlic, and fresh parsley
- Once all ingredients are mixed thoroughly, bake about 20-25 minutes until firm and no pink remains and the kale is nice and crispy (not burnt though! unless you like it that way).
- Boom. Pair with your favorite pasta and some pasta sauce (homemade would be even better than jarred if you are feeling crazy!)