

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



turkey apple breakfast meatballs

Whole wheat breadcrumbs and Granny Smith apple lend extra nutrients and protein to this kid-friendly recipe. Swap out the turkey for chicken, if you'd like - either poultry is a lean protein option for this dish that can easily be frozen and thawed for quick meals. *Recipe adapted from Sweet Tooth Sweet Life blog.*



2 tsp Olive Oil
1 Onion, minced
1 Granny Smith or McIntosh Apple, finely chopped
1 clove Garlic, minced
1 lb Lean Ground Turkey
1/2 cup Whole Wheat Breadcrumbs
2 Tbsp Fresh Parsley, chopped
3 Tbsp Parmesan Cheese, grated
1 tsp Salt
1 Egg, beaten
Cooking Spray

- 1) Preheat oven to 350 degrees F. Prepare all veggies according to ingredient list.
- 2) Spray a 9x13 baking dish with cooking spray.
- 3) Heat oil in a saucepan over medium heat and sauté the onion and apple together until softened. Add the garlic and sauté another 30 seconds. Remove mixture and cool.
- 4) Combine turkey, salt, breadcrumbs, parsley, cheese. Stir in onion mixture. Add the beaten egg to bind.
- 5) Form small meatballs (about 1" in diameter) and line in prepared baking dish.
- 6) Bake 15-20 minutes or until internal temperature is 165 degrees F. Enjoy!

