

These meatballs are so flavorful that your family will go nuts over them!

INGREDIENTS:

For the meatballs:

- 3 cups packed torn pumpernickel bread
- 1 cup whole milk
- 1 teaspoon Worcestershire sauce
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil
- 6 small shallots, chopped (about 1/2 cup)
- 1 Granny Smith apple, peeled and grated
- 2 cloves garlic, minced
- Pinch of ground cinnamon
- Kosher salt and freshly ground pepper
- 1 1/4 pounds lean ground turkey
- 1 large egg
- Cooking spray

For the gravy:

- 2 tablespoons all-purpose flour
- 1 1/2 cups low-sodium chicken broth
- 1 1/2 teaspoons Worcestershire sauce
- Mashed potatoes, for serving (optional)
- Chopped fresh parsley and/or chives, for topping



INSTRUCTIONS:

1. Make the meatballs: Pulse the bread in a food processor to make fine crumbs. Add the milk and Worcestershire sauce and pulse to make a paste; set aside.
2. Heat the butter and vegetable oil in a large nonstick skillet over medium heat; add the shallots and cook, stirring, until golden brown, about 8 minutes. Add the apple, garlic, cinnamon, 1 teaspoon salt and a few grinds of pepper and cook until the apple is tender, about 3 minutes. Stir in the breadcrumb mixture and cook, stirring, until thickened, about 4 minutes. Transfer to a large bowl and let cool completely.
3. Add the turkey and egg to the bowl and beat with a mixer on low speed until well combined, about 4 minutes. Cover and refrigerate for at least 30 minutes.
4. Preheat the oven to 425 degrees F and coat a baking sheet with cooking spray. Dampen your hands and form the meat mixture into 36 balls (about 1 inch each). Arrange on the prepared baking sheet and bake until lightly browned, 15 to 20 minutes.
5. Meanwhile, make the gravy: Melt the butter in a medium saucepan over medium heat. Add flour and whisk to make a smooth paste, for about 3 minutes. Gradually whisk in the chicken broth, then add the Worcestershire sauce. Cook while whisking until slightly thickened, for about 5 minutes. Add the meatballs and simmer until firm and cooked through, for about 10 minutes. Serve over mashed potatoes and top with parsley and/or chives.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.foodnetwork.com/recipes/food-network-kitchen/turkey-apple-swedish-meatballs>

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	287 g	Total Fat	16.4g 25%	Total Carbohydrates	29g 10%
1 serving (10.1 oz)		Saturated	6.8g 34%	Dietary Fiber	3g 13%
Calories	359	Trans Fat	0.2g	Sugars	6g
From fat	146	Cholesterol	110mg 37%	Protein	25g 50%
<i>HappyForks.com</i>		Sodium	361mg 15%	Calcium	11% • Iron 16%
		Calcium	11%	Vitamin A	5% • Vitamin C 4%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

*NUTRITIONAL FACTS DO NOT INCLUDE MASHED POTATOES.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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