

Turkey Ricotta Meatballs

This recipe from Cooking Light Magazine (*September 08 issue*), for Turkey-Ricotta Meatballs is a no-brainer, as it is simple to put together, easy on the waistline, and very versatile! These mouth-watering meatballs can be used in spaghetti's, stroganoff's, or stand alone as appetizers! As an added bonus, they can be prepared ahead of time and can be stored frozen for up to 3 months!

Turkey Ricotta Meatballs

- 1 pound lean ground turkey
- 1/2 cup part skim ricotta cheese
- 1 egg
- 1/2 cup dry breadcrumbs
- 1/4 cup chopped fresh basil
- 1/4 tsp. pepper
- 1/4 tsp. salt

Preheat oven to 375, then combine all ingredients in a large bowl. Shape mixture into approximately 18 meatballs. Heat a large nonstick skillet over medium-high heat & coat with cooking spray. Add meatballs, and brown on all sides. Transfer to a broiler pan coated with cooking spray and bake for 15 minutes, or until done.

****If freezing****Allow meatballs to cool to room temperature, then place on a baking sheet, making sure they don't touch each other, and freeze for 1 hour. Transfer meatballs to an airtight container and store in freezer. Thaw in the refrigerator, then bake at 375 for 20 minutes!