



# TURKEY MEATBALLS OVER ZOODLES MARINARA

(MAKES 4 SERVINGS, APPROX. 1½ CUPS ZUCCHINI NOODLES AND 4 MEATBALLS EACH)

TOTAL TIME: 33 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 18 MIN.



- Parchment paper**
- Nonstick cooking spray**
- ¼ cup bran cereal (low-sugar)\***
- 1 lb. raw 93% lean ground turkey breast**
- 3 green onions, chopped**
- 1 Tbsp. reduced-sodium soy sauce (or tamari)**
- 1 Tbsp. toasted sesame oil**
- 1 large egg, lightly beaten**
- 1½ tsp. garlic powder**
- 1½ tsp. onion powder**
- ½ tsp. sea salt (or Himalayan salt)**
- ½ tsp. ground black pepper**
- 6 medium zucchini, spiralized**
- 1 cup all-natural marinara sauce**
- Finely chopped fresh parsley (for garnish; optional)**

- 1.** Preheat oven to 425° F.
- 2.** Place parchment paper on baking sheet. Lightly coat with spray. Set aside.
- 3.** Place cereal in food processor; pulse until coarsely ground. Set aside.
- 4.** Combine turkey, green onions, soy sauce, oil, egg, ground cereal, garlic powder, onion powder, salt, and pepper in a large mixing bowl. Mix well with clean hands.
- 5.** Roll mixture into 16 approx. 1½-inch meatballs. Bake for 15 to 18 minutes.
- 6.** While meatballs are baking, heat large nonstick skillet, lightly coated with spray, over medium-high heat.
- 7.** Add zucchini; cook, stirring frequently, for 1 to 2 minutes.
- 8.** Add marinara sauce; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
- 9.** Evenly divide zucchini mixture between four serving plates. Top each with 4 meatballs.
- 10.** Garnish with parsley, if desired; serve immediately.

## *Tips:*

- If you prefer larger meatballs, you can make 12. The serving size will be 3. Bake for approx. 18 to 22 minutes.
- You can swap whole-grain bread, coarsely ground, for the cereal.
- Don't have a spiralizer? Use a veggie peeler. Cut each zucchini into lengthwise strips about ⅜-inch thick. Turn zucchini after cutting each strip, stopping when you hit the seeds at the core.

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**\*CHECKLIST FOR BUYING FFCs:**

- Choose ones you won't overeat
- The serving size is easy to track
- It's 150 calories or less
- There's at least 1 g fiber for every 10 g total carbs (but the more fiber, the better!)
- Pick ones with the same, if not more, fiber grams than sugar grams
- Pick ones without any trans fats (i.e., partially hydrogenated oil)