Turkey meatballs

Ingredients:

2 lbs. ground beef	2 lbs. ground turkey
1 cup grated carrots	1 cup oatmeal
1 cup seasoned breadcrumbs	½ cup applesauce
3 egg whites	1 medium onion, minced
2 tbsp. dried parsley	2 tsp. onion powder
2 tsp. garlic powder	

Mix all ingredients except beef and turkey. Mix in beef and turkey. Shape into small balls and place on a foil lined oven pan. Bake at 350°F for approximately 20 minutes or until internal meatball temperature is at 165°F. Drain off excess fat and serve.

Nutritional Information:

Total Fat: 12g (Saturated: 4g)   Calories: 220
Carbs: 9g   Fiber: 1g   Protein: 19g