

# Not-So-Classic Italian Turkey Meatballs

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Recipe slightly adapted from one by Giada De Laurentiis for [Food Network](#)



## INGREDIENTS:

- 1 cup plain breadcrumbs (or panko)
- 1/2 cup finely grated Parmesan, plus more for serving
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh Italian parsley
- 1/4 cup whole milk, at room temperature
- 1 tablespoon ketchup, optional
- 1 tablespoon tomato paste
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs, at room temperature
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 pounds ground turkey meat
- Cooking spray, or extra-virgin olive oil, for drizzling

## DIRECTIONS:

- Preheat the oven to 400 degrees F.
- Line two heavy baking sheets with aluminum foil. Spray the foil lightly with cooking spray.
- In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, ketchup if using, tomato paste, salt, pepper, eggs, garlic and onions.
- Using a wooden spoon, stir to blend. Add the ground turkey. Using fingers, gently mix all the ingredients until thoroughly combined.
- Using a 1-ounce cookie scoop or a small ice cream scoop or your gloved hands, form the meat mixture into balls roughly 1 1/2-inches in diameter.

*Note: The original recipe says you'll get 22-24 meatballs, but I made them a bit smaller to yield about 32 meatballs.*

- Place the meatballs on the baking sheets covered with foil, spacing apart.
- Place the baking sheets in the refrigerator for about 15 minutes to firm up a bit.
- When it's time to bake the meatballs, spray them lightly with cooking spray. Alternately you can drizzle them with olive oil, but I find it makes the balls a little too loose and more likely to disintegrate.
- Bake for 8 minutes. Remove the pans and carefully turn the meatballs; they might stick a little bit so be gentle. Return the pans to the oven and continue cooking another 8 minutes.
- Test for doneness by piercing a meatball with a knife; if pink juices flow cook the meatballs for another few minutes. If the juices run clear, the meatballs are done.
- Remove meatballs from the foil so that they won't stick – either to a rack if cooling to use later, or into the pan with your cooked tomato sauce.