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Turkey Meatballs Over Lentils

Traditional meatballs are made with ground veal or beef, but this recipe substitutes lean ground turkey and fresh herbs, giving you all the flavor with a lot less fat. Add high-protein lentils instead of pasta, and you have a fit and satisfying meal you can enjoy any time of day.

To save time, prep the lentils and meatballs ahead of time and throw it all together when you are ready to serve. For a vegetarian or vegan option, substitute fried tofu or grilled portobello mushrooms for the meatballs.

Prep time: 10 min. Cook time: 30 min.

Ingredients

Meatballs:

- 1 lb. ground turkey
- 5 cloves garlic
- 1/2 cup chopped parsley
- 2 tsp salt
- 1 tbsp crushed red pepper
- 1 egg

Vinaigrette:

- 5 cloves garlic
- 2 shallots
- 1/4 cup olive oil
- 2 cups roasted red peppers
- 2 tbsp white balsamic vinegar
- 2 tbsp chopped basil
- Salt to taste
- 2 cups black lentils

Directions

1. Preheat oven to 400 degrees F.

2. For the meatballs: Combine turkey with garlic, parsley, salt, red pepper, and egg. Mix well, and form into balls about 1 inch in diameter. Place in a pan and bake in the oven for 20-25 minutes.
3. For lentils: Bring a pot of lightly salted water to a boil, add lentils and cook for about 20-25 minutes until tender. Drain excess water and set lentils aside.
4. For the sauce: Slice remaining garlic and shallots, and cook in a pan on low with the olive oil until they become very tender, about 5 minutes. Drain and reserve the oil.
5. Add the cooked shallots and garlic to a food processor with well-drained red peppers. Blend until smooth, adding the white balsamic, and a few teaspoons of the reserved oil.
6. Pour sauce into a large bowl and add the chopped basil. Season with salt to taste. Toss the meatballs in the pepper sauce, and serve over warm lentils

Serving size: 1/4 of recipe

Recipe yields 4 servings