



## **Tomato Turkey Meatballs And Wild Rice**

- 2 pounds ground turkey breast
- 1 medium onion, chopped
- ½ red pepper, chopped
- ½ cup sliced mushrooms
- 3 cloves garlic, chopped
- 1 egg
- 2 egg whites
- ¼ cup dry oats
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp. Olive oil
- ½ cup low sodium tomato sauce
- 2 cups cooked wild rice

In a large bowl, mix together the turkey, eggs, spices and oats until well blended. Form into meatballs and set aside on a plate.

In a large skillet, heat the 1 tbsp. of olive oil. Once warm, add the onion, pepper, and garlic, sautéing until vegetables are tender. Remove and set aside.

Heat the remaining 1 tbsp. of olive oil and then add the meatballs, turning as they cook. Cook for 5-8 minutes or until slightly brown. Add the veggies back to the skillet and pour in the ½ cup of tomato sauce. Continue to cook for 2-3 minutes longer until flavors are distributed. Serve on top of a bed of cooked wild rice.