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Baked Yam with Turkey Meatball Marinara

Ingredients

- 1 lb. ground turkey breast (97-98% lean)
- 3 medium tomatoes
- 2 medium yellow or white onions
- 8 cloves garlic
- 1 large green pepper
- 1 large egg white
- 2 medium yams
- Spices

Directions

1. Poke some holes in the yams with a fork, wrap them in foil, and bake for an hour at 400 degrees.
2. While they're baking, make the marinara sauce: chop the tomatoes and place them in a pan over medium-low heat.
3. Mix in 4 cloves chopped garlic & 1 chopped onion, and sliced green pepper. Stew with a lid after stirring-in a dash of salt, some oregano & basil.
4. Keep stirring the stuff as you cook the meatballs.
5. To make the meatballs, mix these together in a large bowl: ground turkey, 4 chopped garlic cloves, 1 chopped onion, raw egg white, and a dash of salt and pepper (the raw egg white holds them together when they cook).
6. Form into 2-inch meatballs and place on a cookie sheet, throw these in the oven with the yam for 15-20 minutes (also @ 400 degrees).
7. They're done when you can poke them with a toothpick and the juice that comes out is clear, rather than cloudy.
8. Cut the baked yams down the center and mash the interior with a fork.
9. Stuff them with the meatballs, then pour the marinara sauce over them (it will thicken when it cools a bit), and then top with grated nonfat Parmesan cheese.