

Tia's Turkey Meatballs

Served over zoodles, these meatballs are savory and deliciously non-dairy. They pair perfectly with Tia's Roasted Marinara Sauce.

Recipe by [Soan Guerin](#) | Created on **May 2, 2023**

Ingredients

- 2 tablespoons extra-virgin olive oil, or more as needed
- ½ cup soy milk
- ½ cup old-fashioned oats
- 1 pound ground turkey
- 1 large egg, lightly beaten
- ¼ cup non-dairy Parmesan cheese substitute
- 1 tablespoon parsley flakes
- ¾ teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon ground nutmeg
- coarsely ground black pepper to taste

Directions

- Preheat the oven to 450 degrees F (230 degrees C). Drizzle olive oil over a rimmed baking sheet.
- Combine milk and oats in a small saucepan over medium heat. Cook until milk is very hot, but not boiling. Reduce heat and simmer until mixture is the consistency of oatmeal, 3 to 5 minutes. Remove from heat and let cool for 5 minutes.
- Combine turkey, egg, Parmesan cheese substitute, parsley, garlic powder, nutmeg, and pepper in a large bowl. Add cooled oatmeal mixture. Stir with a sturdy spoon or spatula until well combined. Form into 28 meatballs and arrange on the prepared baking sheet.
- Bake in the preheated oven, turning halfway, until cooked through and evenly browned, 25 to 30 minutes.

Nutrition Facts

Serving: **28 meatballs** | Calories: **52.2 kcal** | Carbohydrates: **1.8 g** | Protein: **4.2 g** | Saturated fat: **0.5 g** | Cholesterol: **18.6 mg** | Sodium: **76.7 mg** | Fiber: **0.7 g** | Sugar: **0.2 g**

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