

## Turkey Meatballs

1/3 c finely chopped yellow or sweet onion

1/3 c finely chopped green pepper (I used red instead)

1/4 c water or low sodium chicken broth

1 pound ground lean turkey breast or chicken breast

1/4 c oat bran

1 tsp dried celery flakes (I couldn't find these, so used celery seeds instead and they were good)

1/2 tsp ground sage

1/4 tsp marjoram

1/4 tsp dried thyme

1 tsp Worcestershire sauce

1/4 tsp ground black pepper

1 egg white

In small skillet, heat water or broth and saute onion and pepper until translucent.

In mixing bowl, combine remaining ingredients and then add cooked onions and peppers.

Coat clean hands with a little olive oil and mix thoroughly.

It says to shape into 4 equal sized meatballs, but they're be pretty big, so I just made smaller ones.

Place on cookie sheet and bake in preheated 350 degree oven and bake until browned and cooked through.

Enjoy! :-)