

## CHICKEN AND TURKEY

Cooking lean protein is very different from preparing red or fatty meat. Because they are lower in fat, chicken and turkey can dry out quickly, and because they are also lower in sodium, you'll need to add additional spices to get that same flavor your taste buds are used to. You can always add water or broth (or a low-fat sauce) to any recipe to make it moister.

### POPPA VINNIE'S TURKEY MEATBALLS

**Minutes to Prepare: 20 ♦ Minutes to Cook: 40 ♦ Number of Servings: 6**

*I know every cook claims to make the best meatballs, but none compare to my grandfather Vinnie's. (Don't tell my mom) I've modified his original recipe, using turkey instead of beef and baking instead of frying to make it low-fat. You will not find a better leaner meatball. I enjoy these on top of a bed of broccoli along with a green salad. You can modify the recipe for turkey burgers as well.*

1lb 97% lean ground turkey\*  
 3 garlic cloves, minced  
 1/4 cup onion, finely chopped  
 1/4 cup parsley, chopped  
 1/2 teaspoon pepper  
 1/2 teaspoon oregano  
 2 egg whites, beaten  
 1/2 cup dry Italian seasoned  
 breadcrumbs  
 1 tablespoon fennel seeds (optional)

Always sauté your onions and garlic first and then mix all the ingredients and shape into 30 meatballs approximately 1 inch across.

Place meatballs on a nonstick baking pan that's been lightly sprayed with olive oil and bake for 15 minutes. Turn them once and cook for another 25 minutes. Cooking times may vary-keep your eyes on these precious meatballs so they don't burn. You can always throw them into your sauce and cook them for the remainder.

*\*Use 97% lean ground turkey or stick to eating them once a week as the ground turkey meat bought in most supermarkets isn't lean enough and will SLOW your weight loss. Grind up your own turkey breast in a food processor to really keep it lean—it doesn't get better than that.*

