



Fried Egg with Apple Turkey Meatballs

4 servings

30 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 454 grams Extra Lean Ground Turkey
- 1 Apple (medium, cored, grated)
- 2 Garlic (clove, minced)
- 2 tbsps Rosemary (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 tps Extra Virgin Olive Oil
- 4 Egg

Nutrition

Amount per serving	
Calories	297
Carbs	8g
Fiber	2g
Sugar	5g
Protein	28g
Cholesterol	270mg
Sodium	150mg
Vitamin A	402IU
Vitamin C	3mg
Calcium	63mg
Iron	2mg
Vitamin D	57IU

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, whisk together the ground flax seed and water. Let it sit for five minutes.
- 3 Add the turkey to the bowl with the flax seed. Squeeze out the excess juice from the apple and discard the juice. Add the apple to the turkey along with the garlic, rosemary, salt, and pepper.
- 4 Mix well using your hands. Form into balls approximately 2 1/2 inches (6 cm) in diameter. Transfer the meatballs to the oven and cook for 20 to 25 minutes or until cooked through.
- 5 Meanwhile, in a large pan, add the oil and cook the eggs until the whites have set and the yolks reach your desired doneness. Season with salt and pepper.
- 6 Divide the meatballs and eggs evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook the eggs when ready to serve. To meal prep, hard boil the eggs instead.

Serving Size: One serving is three meatballs with one egg per serving.

Additional Toppings: Serve with sautéed spinach or other green or vegetable.

Mixture Too Wet: Refrigerate the ground turkey mixture for 20 minutes to firm up and make the meatballs easier to roll.

No Flax Seed: Use an egg to bind the turkey instead of flax seed.