

# Cheesy Turkey Meatball Skillet



Cheesy turkey meatballs, covered in sauce and cheese are made all in one skillet. Serve with a green salad and a little bread on the side for dipping, or pair with roasted veggies, spaghetti squash or zucchini noodles.

## Ingredients

### Meatballs:

- 2 tablespoons skim milk, or water
- 1/3 cup seasoned bread crumbs
- 1/3 cup grated Pecorino Romano cheese
- 2 small cloves crushed garlic, or 1 large
- 1 large egg
- 1 tablespoon tomato paste
- 1/4 cup chopped parsley, plus more for garnish
- 1/4 teaspoon salt
- 1 1/2 pounds 93% ground turkey
- olive oil cooking spray

### Sauce:

- 2 cloves garlic, smashed with the side of a knife
- 28 ounce can crushed tomatoes
- salt and black pepper, to taste
- 1 1/2 cups shredded part-skim mozzarella cheese
- parsley or basil for garnish

## Instructions

1. In a large bowl combine the milk, breadcrumbs, Pecorino, garlic, egg, tomato paste, parsley and salt and mix well to combine.

2. Add the turkey and mix using a fork to fully mix everything together, careful not to overwork and form into 18 meatballs.
3. Heat a large nonstick skillet over medium heat, when hot spray with oil and brown the meatballs about 5 to 6 minutes on each side. Set aside on a dish.
4. Reduce heat to medium-low, add the oil and garlic and cook until golden, about 1 to 2 minutes.
5. Add the tomatoes, salt and pepper to taste and return the meatballs to the skillet. Partially cover and simmer medium-low until cooked through, about 5 minutes.
6. Uncover, top with mozzarella cheese, cover and cook until melted, about 2 minutes. If your skillet doesn't have a cover, you can put it under the broiler 2 to 3 minutes, until melted.

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