

Turkey Meatballs, Mexican Style

- 2 lbs ground turkey or chicken
- 1/2 cup green onions, chopped
- 4 large garlic cloves, minced
- 2 tablespoons chili powder
- 1 teaspoon cumin, ground
- 1 teaspoon paprika
- 1 teaspoon Himalayan sea salt
- Ground black pepper, to taste
- 32 oz riced cauliflower

Garlicky Guacamole (optional):

- 1 avocado
- 2 tablespoons cilantro
- ¼ teaspoon garlic
- ½ teaspoon pink himalayan sea salt
- Pepper, to taste

Easy Pico De Gallo (optional):

- 2 large Tomatoes
- ¼ red onion
- 2 tablespoons cilantro
- ½ jalapeno, deseeded & destemmed

1. Preheat oven to 375 degrees F. Line large baking sheet with unbleached parchment paper.
2. In a large mixing bowl, add turkey, green onions, garlic, chili powder, cumin, paprika, salt, pepper and mix well using your hands. Form into 30 golf ball size meatballs (I use small ice cream scoop).
3. Bake meatballs in 2 batches for 15 minutes or until browned. Serve hot with cauli-rice, guacamole and pico de gallo.

Makes 8 servings

Serving Size = 3 ounces of turkey meatballs, 1 cup of cooked cauliflower, ⅓ avocado

Enjoy with 1 serving of fruit to complete the meal.

