

## 4. Mini Turkey Meatballs

**Prep Time:** 10 min | **Cook Time:** 20 min | **Total Time:** 30 min | **Servings:** 4

### Ingredients:

- 1 lb ground turkey
- ¼ cup breadcrumbs
- 1 egg
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients in a bowl.
3. Form small 1-inch meatballs; place on baking sheet.
4. Bake 15–20 minutes until cooked through.
5. Serve with mild dipping sauce.

### Nutrition (per 3 meatballs):

- Calories: 120
- Protein: 10 g
- Iron: 2 mg
- Fat: 6 g

### Health Benefits:

- Lean protein supports muscle growth.
- Iron aids healthy brain development.

### Pro Tips:

- Offer two sauces (familiar + new) side by side for autonomy.
- Freeze extras for quick meals.