

IN THE KITCHEN WITH



Parmesan & Cashew Meatballs

Image from: <http://blogs.anuraweathers.com>

- 1 medium onion
- 1 cup fresh parsley (I use both Italian and flat-leaf)
- 3 cloves garlic
- 2 eggs
- 2 lbs of ground turkey
- 1 cups grated parm cheese
- 1 cup finely grated raw cashew nuts (I blend them in a coffee grinder until they are a fine powder).
(If you have nut allergies, you can replace with breadcrumbs)
- 1 cup milk or cream
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 can of beef broth

Pre-heat oven 450

1. In a food processor, combine onion, parsley and garlic until finely chopped.
2. Transfer mixture to a large bowl, add in the turkey, cheese, eggs, milk cashews, salt and pepper and gently combine ingredients using your hands.
3. Form meat mixture into meatballs. I usually use an ice cream scoop or a sized measuring cup to ensure they are all the same size. At this point, you can freeze 1/2 and save them for next month.
4. Place meatballs in a baking pan, the bottom of the pan with beef broth (you may not need the entire can)
5. Cook for 12-15 minutes until nicely browned.

Freezing: Make sure to place your meatballs on a baking sheet when you freeze them. Once frozen, place in your favorite freezer safe bag or container. You will want to thaw before cooking.

