



## Meatballs

- 1 lb. ground turkey or beef
- 1 c. oats
- 1/2 c. chopped onion
- 1/4 c. chopped green pepper
- 1 egg, beaten
- 1/2 tsp. black pepper
- 1 tsp. Italian seasoning
- 1 Tbsp. garlic salt
- 1 Tbsp. dried parsley
- 2 Tbsp. garlic powder
- 2 Tbsp. onion powder
- 2 Tbsp. Parmesan (optional)
- 1/8 c. water

Mix everything in a large mixing bowl and form into balls. Bake at 350° on a greased 9x13" baking pan (place 1" apart) for 15 minutes. Turn over and bake for another 5 minutes until somewhat crispy.

