

Low-Point Quinoa Meatballs

Ingredients:

- 1 lb. lean ground turkey
- 1/4 cup quinoa
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. paprika
- 1/2 tsp. oregano
- 1 garlic clove, diced
- 1 egg

Preheat oven to 425 degrees. Place quinoa and 3/4 cup water into a small saucepan and heat to boiling. Reduce heat, cover, and let cook for about 12 minutes (until the liquid is absorbed), stirring frequently.

In a large bowl, mix ground turkey, salt, pepper, paprika, oregano, garlic and egg. Add in quinoa and combine thoroughly. Roll turkey into balls and line a baking dish with meatballs. Top meatballs with meat sauce and place in oven. Cook for 30 minutes. Remove and enjoy with your favorite side dishes.

BBQ Meat Sauce

- 1/4 cup water
- 1/4 cup vinegar
- 1/4 tsp. onion powder
- 1 Tbs worcestershire sauce
- 1/2 Tbs teriyaki sauce
- 1 Tbs Splenda
- 1/2 cup ketchup

Combine all ingredients and pour evenly onto meatballs before baking.

Total servings - 15

Serving size - 1 meatball

Points per serving - 1

Points plus per serving - 1.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"You are loved more than you will ever know, by someone who died to know you." - Romans 5:8- E. E. Cummings