



New Year's Appetizers



Ingredients:

Caprese Skewers

1 package grape tomatoes
1 package baby mozzarella balls
Fresh basil
Balsamic vinegar or glaze
(optional)

Turkey Meatballs With Marinara Dipping Sauce

1 lb ground turkey
1 egg
1/2 tsp garlic powder
1/2 tsp onion powder
Fresh basil, chopped
Fresh parsley, chopped
Fresh thyme, chopped
Salt
Pepper

Directions:

1. Preheat oven to 400F; Add ground turkey, egg, herbs, and spices to a large bowl; Mix thoroughly
2. Using hands form 1 inch balls; Place balls on baking sheet lined with parchment paper
3. Bake turkey meatballs for 15-20 minutes; Allow to cool before placing on skewers; Serve with marinara sauce for dipping
4. Assemble caprese skewers alternating tomato, mozzarella, and basil; Optional to add balsamic vinegar or glaze
5. Enjoy!

Cookware needed:

Skewers
Large bowl
Small bowl
2 Serving plates
Baking sheet
Parchment paper

Cost: \$ \$

Ease:



Health Benefit: Turkey is an excellent source of lean protein to support healthy bones and muscle. Mozzarella cheese contains calcium which also supports healthy bones! Tomatoes are rich in vitamin C to support the immune system and low in sugar. Herbs like basil, thyme, and parsley contain many antioxidants that improve overall health.