



pesto turkey meatballs with orzo

A satisfying meal in just one skillet! Herbaceous pesto boosts the flavor throughout the dish, and using lean ground turkey keeps it light yet filling.

Yield **4 servings** • Prep Time **10 minutes** • Cook Time **20 minutes**

30 FF

1 lb 90% lean ground turkey
 1 large egg, beaten
 ½ cup whole-wheat panko bread crumbs
 3 tbsp prepared pesto, divided (see tip)
 Kosher salt, to taste
 Freshly ground black pepper, to taste
 2 tsp olive oil
 ½ cup chopped onion
 1 cup uncooked orzo pasta
 2½ cups low-sodium chicken stock
 3 cups broccoli florets
 Parmesan cheese (optional), to serve

1. In a large bowl, combine the ground turkey, egg, bread crumbs, and 1 tablespoon pesto. Season with salt and pepper. With clean hands, gently mix well and form into 8 balls.
2. In a cast-iron skillet, heat the olive oil over medium-high heat. Add the meatballs and cook until browned on all sides, about 8 minutes. Transfer to a plate lined with paper towel.
3. To the same skillet, add the onion and remaining 2 tablespoons pesto and sauté for 1 minute. Add the orzo and toss to coat in the sauce, cooking for another 1 to 2 minutes to gently toast the orzo.
4. Stir in the chicken stock, increase the heat to high, and bring to a simmer. Add the meatballs back to the skillet along with broccoli florets. Reduce the heat to low, cover, and cook for 10 minutes or until orzo is tender and the meatballs are cooked through. Top with Parmesan cheese (if using) and serve.
5. Store in an airtight container in the refrigerator for 3 to 4 days, or freeze for up to 3 months.

TIP Make your own pesto by combining 4 cups fresh basil, 2 cloves garlic, juice of 1 lemon, ¼ cup toasted pine nuts or walnuts (or omit nuts), salt, and pepper in a food processor. With the machine running, pour in about 1 cup olive oil, or until the sauce reaches desired consistency.

NUTRITION PER SERVING

Calories **483** • Total Fat **19g** • Saturated Fat **4g** • Cholesterol **130mg** • Sodium **311mg** • Total Carbohydrate **45g** • Dietary Fiber **4g** • Sugars **4g** • Protein **35g**



For the curious

Content taken from *Healthy One Pan Dinners*

