**Skinny Italian Turkey Meatballs**

And to make this vegetarian use quorn mince or soya protein, also make sure your cheese is vegetarian

* 500gm lean turkey mince
* 12g breadcrumbs – from wholemeal bread ( about 2 slices)
* 25g parmesan cheese, grated
* Handful fresh parsley chopped
* 1 egg
* 1 large clove garlic, crushed
* salt + fresh pepper

#### For the sauce:

* 2 tsp olive oil
* 4 cloves garlic, crushed
* 1 large can chopped tomatoes)
* 1 onion finely chopped
* 1 bay leaf
* 1 tsp oregano
* salt and fresh pepper to taste

1. In a medium size pot, heat olive oil over medium heat. Add garlic and sauté until golden, being careful not to burn.
2. Add tomatoes, onion, salt, pepper, oregano, basil and bay leaf. Stir and reduce heat to low. Cover and let simmer on low 5-10 minutes.
3. Meanwhile, in a large bowl, combine mince turkey, breadcrumbs, egg, parsley, garlic and cheese. Using wet hands, mix all the ingredients well until everything is combined.
4. Form small meatballs, about the size of a golf ball
5. Add the meatballs to the sauce and cook about 20 minutes. Discard the bay leaf and serve over brown pasta