

Herbed Turkey + White Bean Meatballs with Roasted Tomato Relish

Comforting food and good nutrition can absolutely share the same plate. These tender chicken meatballs are enriched with creamy cannellini beans, adding fiber, plant-based protein, and minerals that support digestive and heart health. Fresh herbs bring brightness, while a roasted tomato relish provides natural sweetness along with lycopene, a powerful antioxidant that becomes easier for the body to absorb when tomatoes are cooked. It's a simple, wholesome meal that nourishes both body and soul.

INGREDIENTS

2 lbs. ground chicken, or turkey
1 15 ounce can white beans, drained, rinsed, and lightly mashed
1 egg
½ cup gluten-free breadcrumbs
¼ cup flat leaf parsley, rough chop
2 cloves garlic, minced
1 teaspoon kosher salt
½ teaspoon freshly cracked black pepper
2 tablespoons extra virgin olive oil

TOMATO RELISH

2 quarts cherry tomatoes
2 tablespoons extra virgin olive oil
2 cloves garlic, minced
2 tablespoons fresh basil, rough chop
1 tablespoon white balsamic vinegar
salt, to taste
fresh ground pepper, to taste

SERVES

8

TIME

1 HR

SPECIAL EQUIPMENT

Baking sheet with parchment

STORAGE

Store in fridge in an airtight container for 2-3 days

METHOD

1. Preheat the oven to 400°F.
2. Place the cherry tomatoes on a baking sheet. Drizzle with olive oil, season with salt and pepper, and roast for 20–25 minutes until softened and lightly caramelized.
3. Transfer the roasted tomatoes to a bowl and gently stir in the garlic, basil, balsamic vinegar, and a pinch of salt. Set aside.
4. In a large bowl, combine the ground turkey (or chicken), mashed cannellini beans, egg, breadcrumbs, parsley, garlic, salt, and pepper. Mix gently until just combined.
5. Form into 20–24 meatballs and place on a lightly oiled or parchment-lined baking sheet. Brush or drizzle with the olive oil.
6. Reduce oven temperature to 350° and bake for 20 minutes, or until the meatballs are lightly golden and reach an internal temperature of 165°F.
7. Serve warm with Creamy Cannellini Bean Tomato Sauce and roasted tomato relish spooned over the top.