

Turkey Meatball Subs

Serves 8

Ingredients

2 large eggs
 1/3 cup seasoned bread crumbs
 1/2 cup finely chopped parsley
 2/3 cup finely grated Parmesan
 4 cloves garlic, minced
 1 ¼ cup lentils
 1.5 pounds lean ground turkey
 1 24-oz. jar marinara sauce
 8 crusty sub-style rolls
 2 1/2 tablespoons extra-virgin olive oil
 12 ounces sliced provolone



Calories: 390 Total Fat: 12 Sodium 225mg Potassium 122mg Carb: 40g Protein:24g

Preparation

- 1) Whisk eggs with 3 Tbsp. water. Stir in bread crumbs; let stand 5 minutes. Add Parmesan, parsley, garlic and turkey; mix gently until well combined. Moisten hands and roll mixture into 24 1 1/2-inch balls. Transfer to a dish large enough to accommodate all meatballs. Refrigerate meatballs for 30 minutes.
- 2) Pour marinara into a wide, deep pot with a lid and warm over medium-high heat. Add meatballs (sauce will not completely cover meatballs), cover and cook 10 minutes. Uncover and turn meatballs. Cover; cook 10 minutes longer, until meatballs are no longer pink inside (cut one to test).
- 3) Preheat broiler to high. Cut rolls lengthwise and drizzle inside of each with 1 tsp. olive oil. Divide cheese among rolls and place on baking sheet. Broil until cheese is melted and bread is lightly toasted, 1 to 2 minutes.
- 4) Place three meatballs on each roll and spoon sauce over. Serve immediately.