

### **Tiny Turkey Meatballs**

1 pound chopped turkey  
1 teaspoon flax mixed with 2 tablespoons warm water (or 1 egg)  
1 cup plain GF breadcrumbs  
1 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 tablespoons parsley, chopped  
2 small or 1 large basil leaf, chopped  
1 clove garlic, minced  
1/4 cup grated Pecorino Romano cheese

Preheat the oven (convection roast) to 400 degrees. I find the convection oven will create a very crispy exterior to the meatballs—similar to frying. However, you may bake them in a regular oven or fry them in a cast iron pan with a little olive oil.

Place the ground turkey in a large mixing bowl. Add all the other ingredients and mix in with your hands. It's really that simple! Add more breadcrumbs and water as needed to get to the right consistency. They should be sufficiently moist but not so much so that they won't hold a spherical shape.

Form the meat mixture into balls 1 1/4 to 1 1/2 inches in diameter. It helps to wet your hands with a few drops of water each time you form a new meatball. Arrange them on a shallow metal pan lined with parchment. (A sheet or broiler pan works well.) Place in the oven for 15 minutes. Turn the meatballs and return to the oven for another 5 minutes. Continue turning and cooking until a nice crispy crust is formed. Total cooking time about 30 minutes—until they are crispy brown on the outside.

Meatballs can be added to your favorite dish or frozen at this point. This recipe yields about 24 meatballs.

### **Penne with Escarole**

1 head of escarole  
2 or 3 plum tomatoes  
1 large garlic clove, smashed  
3 tablespoons olive oil  
1/4 cup of chicken broth  
salt and pepper  
1/2 pound GF penne

Place two tablespoons olive oil in a large heavy frying pan set on a burner at medium heat.

Smash the garlic and add it to the pan browning it lightly, a few minutes. Meanwhile, clean the escarole, pat it dry, and chop it into 2 inch pieces. Add it to the pan and turn up the heat to medium high. Turn the escarole frequently with tongs until it is wilted.

Chop the tomatoes into a coarse dice. Add them to the pan and mix in. Sauté for a few minutes. Sprinkle with salt and pepper and add the chicken broth and remaining olive oil. Bring everything to a low simmer and lower the heat. Cover the pan cooking until the escarole is softened but still has a little substance—about 5 minutes. Make sure there's still liquid in the bottom to avoid burning. More broth can be added if needed.

Cook the gluten free pasta—penne is good for this dish—as directed. Top with the escarole and Tiny Turkey Meatballs.

This recipe serves two to three people. It is easily doubled to serve a larger group of four to six.