



## Vietnamese-Style Turkey Meatballs with Yogurt Sauce Recipe

This is a protein-packed dish with a few modern twists that features a commonly utilized Vietnamese ingredient, lemongrass.

**SERVING SIZE: 5 MEATBALLS  
SERVES 4**

### INSTRUCTIONS

#### Step 1

Preheat oven to 425°F.

#### Step 2

In a medium-sized bowl, thoroughly mix together the ground turkey, lemon juice and zest (or lemongrass), green onions, cilantro, turmeric, garlic, ginger and optional salt.

#### Step 3

Using a tablespoon measuring spoon, portion out the meat mixture and roll portions into one-inch meatballs. Place meatballs on a foil-lined sheet tray and bake for 15 minutes. Check to ensure internal temperature is 165°F; if not, cook until it reaches 165°F.

#### Step 4

While meatballs are cooking, make the yogurt sauce: Mix together the Greek yogurt, turmeric, green onions and cilantro in a small serving dish.

#### Step 5

Remove meatballs from oven and serve immediately with the yogurt dipping sauce.

### INGREDIENTS

#### *Meatballs*

1 pound ground white meat turkey (93% lean, 7% fat)

1 lemon, juice and zest (or 1 tablespoon chopped lemongrass)

2 green onions, sliced

1 teaspoon chopped cilantro chopped

½ teaspoon turmeric

1 garlic clove, minced

½ teaspoon ground ginger ground

Salt to taste (optional)

#### *Yogurt sauce*

1 (5.3 ounce) container plain Greek yogurt

¼ teaspoon turmeric

2 green onions, sliced

1 teaspoon chopped cilantro chopped

### **Nutrition:**

Calories: 231  
Total Fat: 13g

Saturated Fat: 5g  
Cholesterol: 91mg  
Sodium: 92mg

Total Carbohydrate: 4g  
Dietary Fiber: 1g  
Sugars: 2g

Protein: 24g  
Potassium: 370mg  
Phosphorus: 278mg

### **Contributor**

Tessa Nguyen, RD, LDN, is a chef and registered dietitian working in the Triangle area of North Carolina. She teaches culinary nutrition cooking classes at Duke and works as a consultant in the food and nutrition industries.