Turkey meatballs

Serves 4

- 1 slice bread, crusts removed and torn into 1-inch pieces
- 1/4 cup milk, at room temperature
- 1 egg, lightly beaten
- 1/3 cup freshly grated Parmesan
- 2 tablespoons finely chopped onion
- 2 tablespoons chopped fresh parsley
- Finely grated rind of 1/2 lemon
- 3/8 teaspoon salt
- 2 pinches pepper
- 1 pound ground dark meat turkey
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 (28-ounce) can whole peeled tomatoes with juice, crushed in a bowl

Grated Parmesan, for serving

1. Have on hand a baking sheet and a large skillet with an ovenproof handle.

2. In a large bowl, stir the bread pieces and milk together. Let stand for 5 minutes. With a fork, mash to a pulp. Add the egg, Parmesan, onion, parsley, lemon rind, salt, and pepper. Stir until well mixed. Add the ground turkey. Mix lightly with your hands until combined. With a medium cookie scoop (number 40) or a spoon, divide the meat into 20 portions and set on the cookie sheet. Wet your hands, and without squeezing, shape into 20 (1 1/4-inch) meatballs.

3. Turn on the broiler. In the skillet over medium heat, heat the oil. Take the pan off the heat and place the meatballs in it. Set the pan under the broiler and broil for 5 to 6 minutes, or until brown. Remove the pan from the oven and transfer the meatballs to a plate. Set the oven temperature at 350 degrees.

4. Return the pan to medium heat. Add the garlic, and cook for 20 seconds, or until it sizzles. Add the tomatoes, and bring the sauce to a simmer. Taste and add more salt and pepper, if you like. Add the meatballs to the pan and return the sauce to a simmer.

5. Place the pan in the oven and bake for 15 to 20 minutes, or until the meatballs are no longer pink inside. Serve in shallow bowls with sauce and grated Parmesan.

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