



The Birkett Mills Recipes

The Birkett Mills © 2014

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Entrées: Turkey Meatballs With Lemon Sauce

Serves: 4 people

Ingredients

1 cup cooked kasha (any granulation)
1 beaten egg
1 tsp. Worcestershire sauce
1 tsp. grated lemon peel
1 1/2 lbs. ground raw turkey
2 tbsp. cooking oil
1 cup chicken or turkey broth
1/4 cup plain yogurt
1 tbsp. cornstarch
1 tbsp. lemon juice
1 small carrot, finely shredded
1 green onion, diced

Directions

Prepare kasha according to package directions, using chicken broth.

Combine first 5 ingredients in mixing bowl; blend well. Shape into 12 balls.

In large skillet, heat oil and brown turkey on all sides. Add broth; cover and simmer 20 minutes. Use slotted spoon to transfer turkey to serving dish.

In a small bowl, combine yogurt, cornstarch, and lemon juice. Combine with pan juices in skillet and cook until sauce is thickened and bubbly. Add carrot and onion. Pour sauce over turkey.

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