

Meatball Sub on a Stick

Ingredients:

- 1 lb lean ground turkey
- 1/2 cup whole wheat bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 Tbsp dried Oregano
- 1 Tbsp dried Basil
- 1 Tbsp dried Parsley or 1/4 cup fresh chopped
- 1/2 tsp Crushed Red Pepper
- 2 cloves garlic, minced
- 1 can Pillsbury Original breadsticks
- 1 cup shredded mozzarella cheese
- 12 (10"-12") wooden skewers
- Marinara sauce for dipping

Instructions:

Preheat oven to 375°

Line 2 baking sheets with parchment paper. Set aside.

In bowl combine ground turkey, bread crumbs, Parmesan cheese, Oregano, Basil, Parsley, red pepper flakes and garlic. Form into 1 inch meatballs.

Open can of breadsticks and starting with one breadstick at a time thread dough then meatball. Repeat the process with 2 more meatballs alternating dough-meatball, ending with dough. Make sure to spread dough and meatballs away from each other by about 1/4", so the meatballs bake through and the dough has room to expand.

Bake for 20 minutes until the meatballs are cooked through.

Remove from oven and sprinkle each skewer with 1-2 Tbsp of shredded mozzarella cheese. Place back in oven for 2-3 minutes until cheese is melted.

Serve immediately with warm marinara sauce for dipping.

source:tomatohero.com