**Turkey Meatballs**

* 1.25 oz ground turkey
* 1 egg
* 2 cloves garlic (minced)
* ½ yellow onion ( diced)
* ¼ cup parsley
* ¼ cup grated parmesan cheese
* 1 ½ tsp dried oregano/ Italian seasoning
* 1 tsp salt
* ½ tsp pepper
* 2 tbs olive oil
* ½ cup mozzarella cheese ( for serving)

serving size = 6 sandwiches

Preheat the oven to 375F

Prep your area first by getting out a sheet of parchment paper and an oven safe dish or walled cookie sheet. In a large bowl, mix all the ingredients except the olive oil and mozzarella. Pack the mixture into golf ball sized balls, or about the size of your middle finger touching your thumb, and set them on the parchment paper. At this point, you can cover and refrigerate while you make the sauce.

Put the olive oil in a skillet and bring it to high heat to get a good sear. Put three meatballs in the pan, rolling over after about 45 seconds. Remove and put directly into oven dish.

Once all the meatballs are seared and in the dish, move it into the oven and bake it for 18 minutes. Keep the oven on. Prepare a wheat hoagie roll with meatballs cut in half (so they don’t roll), sauce, and mozzarella cheese. Place it in the oven open-faced for 1 minute then take it out and enjoy! Sprinkle oregano on top for even more flavor.

**Marinara sauce**

* 2 tsp olive oil
* 4 cloves garlic, smashed
* 2 28 oz cans crushed tomatoes
* 1/2 small onion, chopped
* 1 bay leaf
* 1 tsp oregano
* 1 tsp sugar
* 1 tsp crushed red pepper
* 1/4 cup fresh chopped basil
* Salt and fresh pepper to taste

In a medium size pot, **heat** olive oil over medium heat. **Add** garlic and onion and saute until golden, about 3 to 4 minutes. **Add** crushed tomatoes, salt, pepper, sugar, oregano, basil and bay leaf. **Stir** and reduce heat to low. **Cover** and let simmer.

Salad Dressing

* 1 c. olive oil
* 2 Tbs. fresh lemon juice
* 1 Tbs. dried basil
* 2 tsp. minced garlic
* 1/2 Tbs. dried oregano
* 1/2 Tbs. salt and pepper
* 3 Tbs. red wine vinegar
* 2 Tbs. Parmesan cheese
* 1 tsp. agave nectar or sugar
* 1 splash balsamic vinegar