

Southwest Turkey Meatballs with Creamy Avocado Dip

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Ingredients

- **Meatballs**
- 1 # ground turkey or chicken
- 1 jalapeño pepper - seeded and deveined (unless you like it hot, leave 'em in!)
- 1 egg
- 1 garlic clove - minced
- ½ cup Panko style crumbs (regular will do as well)
- 1 tablespoon cumin
- 1 teaspoon salt
- ½ teaspoon pepper
- **Creamy Avocado Dipping Sauce**
- 1 avocado - mashed
- ⅓ cup sour cream
- ⅓ cup mayonnaise
- 1 heaping teaspoon cumin
- ½ jalapeño - finely chopped



Instructions

1. Preheat oven to 400 degrees.
2. Line baking sheet with foil or parchment paper.
3. Mix all meatball ingredients together.
4. Form into 1-2 " balls and place on prepared baking sheet.
5. Bake for 15 minutes or until cooked through.
6. Meanwhile - mix all dipping sauce ingredients together and put in fridge to chill.
7. Serve meatballs on platter and sauce on the side. Toothpicks are optional!

Recipe by Laughing Spatula at <http://laughingspatula.com/southwest-turkey-meatballs-with-creamy-avocado-dip/>