



## RECIPE | PEPPERS

# TURKEY MEATBALL & VEGGIE SUBS



35 min

10 min  
PREP.

25 min  
COOKING



6



easy

## INGREDIENTS

Recipe created by *Laura Ashley Johnson*

### For the subs:

- 2 ct Pure Flavor® Craft House Collection® Aurora Long Sweet Peppers, sliced
- 6 mini sub buns, sliced
- 2 avocados, peeled & seeded
- 2 cloves garlic, minced
- 1 white onion, thinly sliced
- 1 tbs olive oil
- 1 tsp lemon juice
- Salt and pepper, to taste

### For the meatballs:

- 1 egg
- 1½ lbs lean ground turkey
- ½ cup panko breadcrumbs
- 1 tsp dried onion
- 1 tsp dried garlic
- 1 tsp dried basil
- 1 tsp coarse salt
- ½ tsp black pepper



## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a large bowl, mix meatball ingredients until well combined.
- 3 Roll into 1½ inch balls & place on a baking sheet. Bake for 25 minutes until the internal temperature reaches 165°F.
- 4 In a medium bowl, mash avocado and mix with garlic, lemon juice & salt until well combined.
- 5 Heat oil in a skillet on medium-high heat. Add peppers and onions, season with salt & pepper to taste, & sauté for 5 minutes until tender. Remove & set aside.
- 6 Toast buns on skillet to desired liking.
- 7 To assemble the subs, spread a layer of avocado spread on each half of buns, add sautéed veggies & two turkey meatballs to each.

