

# Turkey Meatballs with Spinach

RECIPE MAKES: 12 SERVINGS

## INGREDIENTS

- 2 Tbsp. olive oil
- 1 large onion
- 2 cloves garlic
- ½ tsp. ground black pepper
- ¼ tsp. dried thyme leaves
- ½ tsp. dried oregano
- ½ tsp. crushed red peppers
- 16 oz. fresh spinach, chopped
- 2 Tbsp. Worcestershire sauce
- 1/3 cup low sodium vegetable broth
- 2 ½ pounds 97% lean ground turkey
- ¾ cup unseasoned bread crumbs
- 2 whole eggs

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>3 Meatballs (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	<b>0%</b>
Calcium 48mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 55mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. Preheat oven to 400°F. Spray baking sheet with cooking spray.
2. In a frying pan heat olive oil on medium heat. Once hot add onion, garlic, pepper, thyme, oregano, and red pepper flakes. Sauté until onion is tender.
3. Add spinach to pan and combine with onion mixture. Mix in Worcestershire sauce and vegetable broth. Cook until liquid is evaporated.
4. In a large bowl, combine ground turkey, bread crumbs, and egg. Mix in cooled onion mixture.
5. Form into 1-1 ½ inch diameter meatballs and place onto baking sheet (2 ounces each).
6. Bake for 20 minutes or until internal temperature is 165°F.
7. Enjoy!



Healthy Options

