

Turkey and Veggie Meatballs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1 Zucchini (medium, grated)
- 1/3 cup Parsley (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 10 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	200	Iron	4mg
Fat	10g	Vitamin D	16IU
Carbs	5g	Folate	173µg
Fiber	2g	Magnesium	95mg
Protein	24g	Zinc	3mg
Vitamin C	37mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated zucchini as possible. Set aside into a large bowl.
- 03 To the same bowl, add ground turkey, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls.
- 04 Place the meatballs on the baking sheet and place in the oven for 15 to 16 minutes.
- 05 In a non-stick skillet over medium-low heat, add the spinach and cook until just wilted. Divide the spinach between plates and top with the meatballs. Enjoy!

NOTES

RECIPE ID 319

SERVING SIZE

One serving is equal to approximately five meatballs.

MAKING THE MEATBALLS

Ensure that the zucchini are well squeezed of excess moisture, otherwise, the mix will be too wet to hold together.

TURKEY ALTERNATIVE

Use lean pork or ground beef.